

We improve lives through the nature

From nature for You

product catalog



**NATURES
SUNSHINE**



**NATURES
SUNSHINE**

You can order our products:

From our online store at: www.e-naturessunshine.com

By calling us on: (22) 311-21-00

By sending an e-mail to: biuro@nsppolska.pl

By visiting us at: ul. Olkuska 7, Warsaw

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**The relationship between
plants and people is one of personal
discovery and must always
be mutually beneficial**

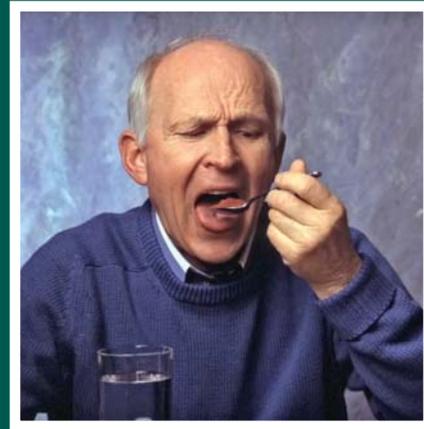


In 1972, Nature's Sunshine became the first company in the world to put herbs in capsules. It has evolved from a small, family-run enterprise into one of the leading health and wellness companies in the world. All of this has been created for you. Your body, your life, your needs – all of these things are unique and require unique solutions. To meet your expectations, we offer over 50 exceptional products. From targeted supplementation, and daily essentials, to weight management solutions. Our natural products contain the best ingredients Mother Earth has to offer.

1972

Nearly 50 years ago, Kristine and Gene Hughes planted the seeds that later became Nature's Sunshine.

Gene Hughes had been suffering from stomach problems. A friend advised him to use cayenne pepper and although the solution seemed to work, swallowing such a spicy substance turned out to be a very difficult task – at least until Kristine came up with a simple but brilliant idea that solved this issue once and for all. Kristine decided to put the cayenne pepper inside a gelatin capsule. No one had ever attempted to contain the healing power of herbs in a capsule before. This is how their adventure began – today, it is called Nature's Sunshine.





We improve lives through the nature

A man in a plaid shirt and shorts is climbing a rocky hillside at sunset. The scene is silhouetted against a bright, hazy sky. The man is in the upper left quadrant, stepping onto a large rock. The foreground is dominated by large, layered rocks.

***I had no idea that we would
become what we are today.
I am grateful to Nature's Sunshine
for all it has done for so many
people around the world.***

Gene Hughes - Founder of Nature's Sunshine

Nature's Sunshine is a global leader in the manufacture of food supplements. In 1972, we were the first company in the world to put herbs inside capsules.

Our company has been developed by people who make it their mission to improve people's lives in their daily work. We are a reliable partner to those looking for lasting health benefits.

Promising our customers that their lives will improve may seem bold, but we do it with confidence, because Nature's Sunshine provides health to millions of people around the world every day.

Nature's Sunshine was established nearly 50 years ago. Not many companies in the world have such a long history. Our foundation is family values. Less than half a century ago, we were a family business idea. Today, we help people all around the world.

A close-up photograph of a person's hands, wearing a white t-shirt, gently cupping a small, vibrant green seedling with dark soil. The seedling has several serrated leaves and a thin stem. The lighting is dramatic, highlighting the texture of the skin and the soil against a dark background.

HERBAL EXPERTS *since* 1972

We know our ingredients

True high quality starts with pure, powerful and sustainable ingredients, and the most important thing is their source. We inspect crops, monitor harvest practices and examine purification and processing techniques. We continuously test our raw materials, even those coming from long-term and trusted suppliers.



We create with integrity We create for you

Every week, we manufacture millions of capsules, tablets and other products. We know that they are manufactured with integrity, because we do it ourselves.

The best ingredients

We travel around the world to inspect our suppliers. We check the equipment, production processes and general standards followed by the companies that supply us with raw materials. Only the best suppliers get the chance to present their products to us. Those products are then subjected to detailed examinations before they reach the Nature's Sunshine facility.



Effective formulas

Nearly 50 years of experience have taught us to use time-tested techniques along with the services provided by the best experts. This allows us to create unique and, above all, effective products. We believe that only these types of products can effectively change people's lives.

Our own facility

We invest millions of dollars in the development of our production processes and research methods, and in state-of-the-art equipment and qualified personnel. Since the products are manufactured in our own facility, we can be absolutely certain as to their composition and quality. And since the products are stored in our own warehouses, we never lose control over them.



Testing from start to finish

Subjecting the products to over 600 tests may seem obsessive. We agree! We are obsessed with the quality of our products. We send millions of products to people around the world and we can say that each of these products is pure, powerful and tested...

The highest quality confirmed by audits

Our production procedures and internal quality control meet the strictest requirements. Therefore, we are not afraid to invite independent auditors to our facility.

We manufacture our products in accordance with good manufacturing practices (GMP), as confirmed by institutions such as NSF International and the TGA (Therapeutic Goods Administration). But there is more.



FDA stands for Food and Drug Administration – a government agency responsible for the safety of food and food supplements sold and manufactured in the United States. The FDA controls and enforces regulations applicable to the food supplement industry. Our FDA registration is valid and renewed every two years according to the regulations.



The Utah Department of Agriculture is a consumer protection agency for Utah citizens. The UDAF audit is conducted every 12 months, but the results of our last facility inspection were so positive that the agency decided to change the frequency of our audits to every 18 months.



NSF International, a global leader in the development of production standards and certification of finished goods, has awarded Nature's Sunshine the NSF Good Manufacturing Practices Certification. NSF is a leading auditor of companies involved in the public health and safety sector. The NSF certification means that our manufacturing plant has undergone a thorough inspection that included the testing of our production equipment and a comprehensive evaluation of our manufacturing policies, procedures and processes.



Australian Government
Department of Health
Therapeutic Goods Administration

The Australian Department of Health (Therapeutic Goods Administration) has awarded Nature's Sunshine a Good Manufacturing Practices certificate for medicinal products. The TGA

certificate remains valid subject to regular satisfactory inspections. The TGA is the state regulatory authority for therapeutic goods in Australia. The TGA monitors the Australian market to ensure that the Australian community has access to the highest-quality products.

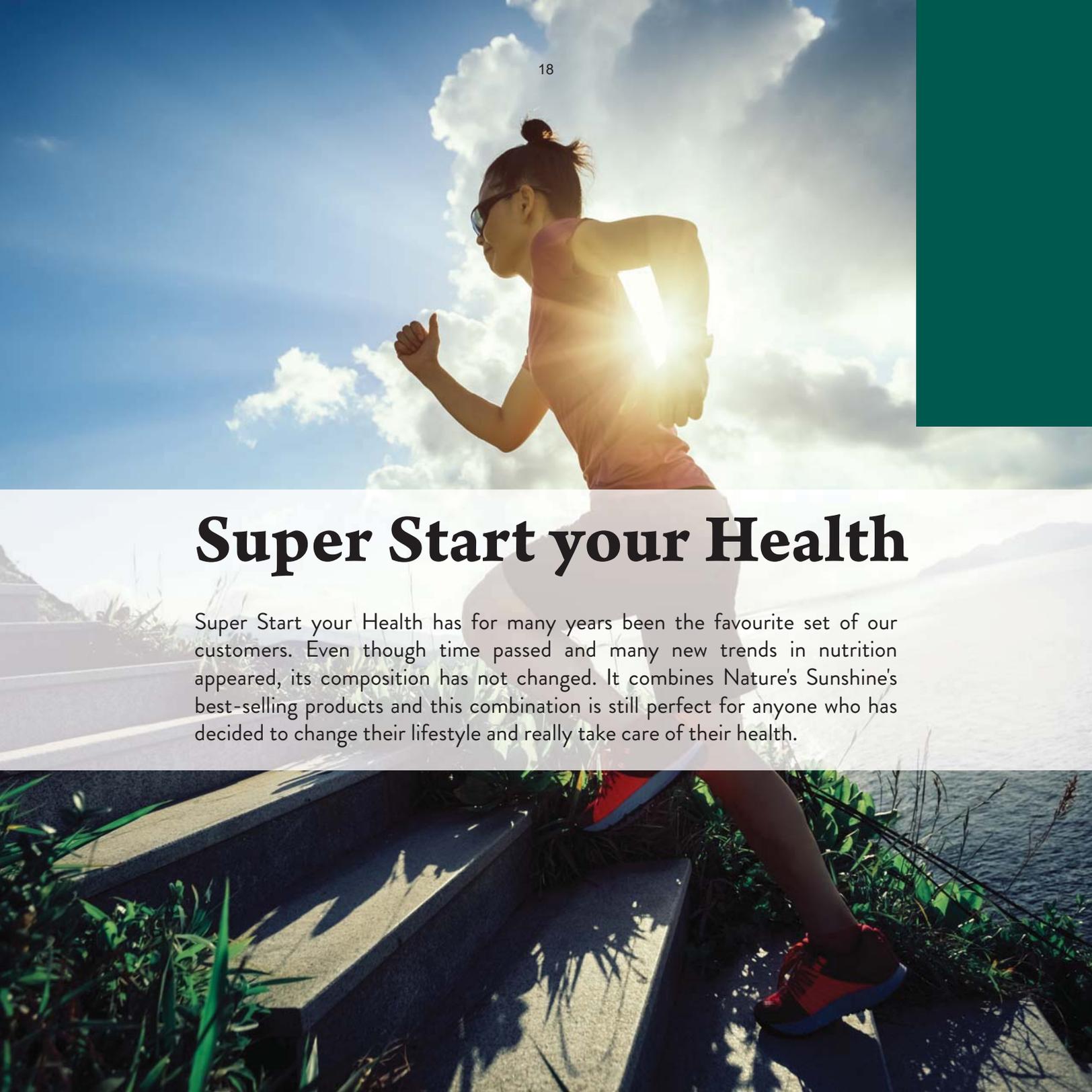


Food supplement sets

**Find something for yourself.
It's easy with Nature's Sunshine.**

Everyone is different. We differ in age, sex, body type and lifestyle. We also face different problems on a daily basis and therefore need different solutions.

At Nature's Sunshine, we strive to meet the expectations of our customers every day. This is why we have created targeted product sets which, due to the combination of the best ingredients, are ideal for women, older people and people who want to lose weight, as well as for those who wish to support their circulatory and immune systems.



Super Start your Health

Super Start your Health has for many years been the favourite set of our customers. Even though time passed and many new trends in nutrition appeared, its composition has not changed. It combines Nature's Sunshine's best-selling products and this combination is still perfect for anyone who has decided to change their lifestyle and really take care of their health.

Super Start your Health

Included in the set:

Bifidophilus Bacteria, Liquid Chlorophyll, Solstic Energy from Nature, Super Omega 3 EPA, Calcium Plus Vitamin D, Zambroza, Tei-fu

Recommended use:

Use all the products included in the set in accordance with the instructions on the labels.



Start for your health!

Time to take care of yourself? Are better health, a higher fitness level, improved well-being something that you'd like? Congratulations! Without a doubt, this is the best decision of your life.

Let's get to work! Start like hundreds of our satisfied customers who chose Super Start your Health. Their conviction to change their lifestyle was strong, and the offered set made it stronger still.

The complex of essential omega-3 fatty acids contained in Super Omega 3 EPA, the strong antioxidants from Zambroza and the probiotic bacteria in Bifidophilus bacteria capsules, combined with the world's most popular Liquid Chlorophyll and a dose of natural energy from Solstic and Calcium with Vitamin D will help you stay on track and achieve your desired effects faster. The Tei-fu massage lotion, which our customers refer to as a first aid kit in a tube, completes the set.



Optimum

A holistic approach to people consists in searching for balance on many levels. Lifestyle aspects, health, diet, fitness, but also the mindset, art and nature combine and permeate all aspects of life.

At Nature's Sunshine, we also take a holistic approach to each and every person. Relationships with nature, water, clean air, a clear and calm mind and a pure spirit, when optimally integrated into our daily lives, are just as important to us as nutrition, herbs, physical activity and the support of loved ones. The Nature's Sunshine community consists of people for whom these values are often the essence, the true meaning of their lives, to the same extent as selflessly helping others.

Optimum

Included in the set:

Liquid Chlorophyll, Zinc ALT, Olive Leaf – Extract, Magnesium, Aloe Vera Juice, Solstic Energy from Nature, Super Omega 3 EPA, Zambroza

Recommended use:

Use all the products included in the set in accordance with the instructions on the labels.



Regain balance!

The guarana contained in Solstic gives you an additional dose of natural energy. Solstic Energy from Nature also features B vitamins that help fight fatigue. Gain the strength you need to face daily challenges.

Zinc ALT is the perfect combination of zinc, algae, lucerne and thyme. Zinc not only influences bone health, but also helps to maintain the body's acid-base balance. Thyme has a soothing effect on the throat and vocal cords.

Olive Leaf Extract is an excellent choice for reinforcing your immunity and digestive system. It supports the upper respiratory tract and has traditionally been used to improve circulation and blood pressure.

A bona fide antioxidant bomb can be found in Zambroza, in the skins of red grapes to be exact. Thanks to the sea-buckthorn in it, Zambroza strengthens the heart and improves immunity.

Aloe Vera Juice, the main ingredient in our Aloe Vera Juice, will help keep your digestive system in perfect equilibrium. It stimulates metabolism, supports digestion and helps you stay regular.

One capsule of Super Omega 3 EPA includes 380 mg of EPA acid and 190 mg of DHA, which are good for the heart and ensure correct brain functions.

Magnesium fulfils 64% of the daily required magnesium intake, which contributes to proper protein synthesis, supports normal psychological functions and helps maintain electrolytes in balance.

*Dietary supplements are not a substitute for a varied diet.
A balanced diet and a healthy lifestyle are the cornerstone of a healthy body.*

Woman

You live your life in high gear. You work, run a business, but also raise children and take care of the house. You have a lot on your plate, often more than men. Your body's needs are completely different, and you want to stay healthy, young and smiling.

Everything is in your hands! A healthy urinary tract, hair, skin, nails, healthy and clean intestines, light and rested legs and much, much more!

The Woman set will help you stay healthy longer!

Woman

Included in the set:

Zinc ALT, 2 x Red Clover, Gotu Kola, Loclo, 2 x Lucerne, Ury, Super Complex, Zambroza

Recommended use:

Use all the products included in the set in accordance with the instructions on the labels.



Specially for You

Red grape skins hidden in Zambroza provide robust protection from free radicals. Free radicals are believed to be the main cause of ageing in the body. Thanks to the sea-buckthorn in it, Zambroza strengthens the heart and improves immunity.

Zinc is a mineral needed to keep hair, skin and nails both beautiful and healthy. Our Zinc ALT also includes algae and thyme, which reduce fat absorption of fats, helping you keep a slim figure.

Asiatic pennywort, also known as Gotu Kola, will help you rid yourself of the feeling of heavy legs by supporting correct blood circulation and also aid digestive comfort. Its influence on microcirculation can also be observed as increased cognitive efficiency (including, among others, memory, concentration, communication skills).

Fibre is essential for gut flora health. Loclo is an excellent source of fibre, but also of cinnamon stimulating digestion and rosemary helping with the digestion of fats. Ury is an excellent mix of herbs, vitamins and minerals with multiple avenues of activity.

The magnolia berry it contains helps maintain proper physiological functions. Meanwhile, Super Complex delivers 24 essential vitamins and minerals in one tablet. It will help keep your body in good shape.

Lucerne has been known for its properties for over 2,000 years. It helps women maintain good sexual health.

Red Clover helps in dealing with symptoms of menopause, such as hot flashes, sweating and anxiety, and is also excellent for the circulatory system.

A close-up photograph of a man and a woman smiling warmly. Their hands are raised in front of them, with their fingers interlaced to form a heart shape. The background is softly blurred, suggesting an outdoor setting with warm, golden light. A semi-transparent white banner is overlaid across the middle of the image, containing the product name and description. A solid orange rectangle is visible in the top right corner.

Pro Kardio

The Pro Cardio set has been developed with the heart and blood vessels in mind. It includes supplements created with the greatest care, tested and effective. Its combination of ingredients will ensure optimal results for your heart.

Pro Kardio

Included in the set:

Cholester – Reg, Garlic, CoQ10,
Olive Leaf – Extract, Magnesium,
2 x Super Omega 3 EPA

Recommended use:

Recommended use:
Use all the products included in the set
in accordance with the instructions on the labels.



Follow your heart!

Garlic helps maintain cholesterol and blood sugar at proper levels, and also contributes to vascular health.

Super Omega 3 EPA supplements your diet with EPA and DHA fatty acids, which help maintain normal heart functions. The effects can be felt even when just 250 mg of these acids is consumed.

Cholester-Reg combines artichoke leaves, which contribute to keeping blood lipid at correct levels, as well as plant sterols that help maintain an adequate level of cholesterol in the blood.

Traditionally, the European olive has been used to improve blood circulation and vascular pressure.

Magnesium takes part in hundreds of enzymatic reactions in our bodies and is also one of the most important metals for the heart.

CoQ10 is one of the favourite products of our US customers. Each capsule contains as much as 100 mg of coenzyme Q10! Coenzyme Q10 is a compound present in the mitochondrium of every cell in the human body, where it is responsible for correct energy production. Since it's best to take coenzyme Q10 along with healthy fats, we have put ours in a capsule filled with extra virgin olive oil for better absorption.

Pro Immune

When we were composing the Pro Immune set, we considered that the immune system's condition depends not only on weather conditions, but on what is happening in our bodies, first and foremost. We now present you with a set that will strengthen your immunity in all respects.

Pro Immune

Included in the set:

Zinc ALT, Garlic, Defense Maintenance, Immune Formula, 2 x Olive Leaf – Extract, Pro B11, Vitamin C bioflavonoids, Vitamin D3

Recommended use:

Use all the products included in the set in accordance with the instructions on the labels.



Immunity deserves more attention!

When we think about improving immunity, Vitamin C is the first thing that springs to mind. Each tablet has as much as 1000 mg of L-ascorbic acid.

The Olive Leaf, its extract to be exact, supports immunity even in the most difficult conditions and reinforces the upper respiratory tract.

Vitamin D3 has a beneficial effect on the immune system, but is also essential for bones and muscles. No one needs to be told how much garlic improves immunity. However, Garlic is much more than that! It helps keep the liver healthy and ensures normal cholesterol levels.

Zinc ALT is the perfect combination of lucerne, thyme leaves, algae and zinc. Thyme leaves, which have an antibacterial effect and contribute to the body's natural defences, are the key to immunity. Zinc is an active part of many enzymes responsible for the optimum immune system functions.

Pro B11 in the Pro Immune kit is like hitting a bull's eye. The product enriches your bacterial flora with as many as 11 different bacterial strains. Digestive health is crucial for maintaining appropriate immunity.

The Immune formula is a unique mix of mushrooms known from Chinese medicine (cordyceps, maitake, reishi), combined with beta-glucan, arabinogalactan and colostrum.

Defense Maintenance is a product formulated with immunity in mind. A combination of vitamins C, A, E with turmeric, selenium and zinc is the perfect mixture supporting the immune system.

Beauty

We have no doubts that true beauty comes from within and is to a great extent dependent on your health. When we talk about healthy and smooth skin, lustrous hair and strong beautiful nails, we often think of all kinds of cosmetics and beauty treatments. Meanwhile, what our skin, our hair and nails need, above all, is proper nourishment from the inside and support in the form of the body's perfect health.

Beauty

Included in the set:

Collagen, Zinc ALT, Grapin and antioxidants, Aloe juice, Vitamin C bioflavonoids, Super Complex, Zambroza

Recommended use:

Use all the products included in the set in accordance with the instructions on the labels.



Beauty comes from within!

Collagen is an absolute favourite of our customers. They choose it to keep their skin beautiful and stay young longer. Each product serving contains as much as 17 g of collagen peptides. With such a portion our Collagen has no rivals.

We associate zinc with beautiful and healthy skin, as well as lustrous hair and shiny nails. And rightly so, but Zinc ALT also contains brown seaweed, which helps to ensure proper weight.

Antioxidants – you surely know how great their influence on our health is. In combating free radicals responsible for the ageing process, they are also an invaluable ally in maintaining beauty. The Beauty set gives you antioxidants to the third power, with Zambroza, Grapin and Antioxidants and Vitamin C.

Vitamin C plays a special role in the set. Not only is it a strong antioxidant, but it also ensures support for collagen production, necessary for healthy skin.

Aloe Juice is also one of our customers' favourites. It has a positive effect on female sexual organs and regulates the menstrual cycle. Maintaining healthy skin is also among its helpful effects.

Super Complex is a set of vitamins and minerals we need each and every day. It is also a source of antioxidants, such as vitamins C and E and selenium.



Pro Relax

Our health often suffers from stress and anxiety. The way the world rushes by each day leads to anxiety. The blistering pace of changes takes away our stability and often makes us uncertain about having a better or simply peaceful tomorrow. Yes, stress has become our everyday companion and we encounter stressful situations every day. Scientists have no doubts that stress is also one of the greatest threats to our health. Dealing with stress effectively requires us to take care of proper cognitive and psychological, as well as brain functions. Good memory and correct perception can protect us from anxiety.

The Pro Relax set was formulated to soothe nerves and give us a bit of respite in the speeding world, but also to support our cognitive faculties. The set's formula has been developed to strengthen stress resistance without causing weariness.

Pro Relax

Included in the set:

Gotu Kola, Hops & Valerian with Passionflower, Lecithin, Magnesium, 2 x Super Omega 3 EPA, Vitamin B Complex, Vitamin D3

Recommended use:

Use all the products included in the set in accordance with the instructions on the labels.



Don't worry about your health!

Gotu Kola, or the Asiatic pennywort, is a plant mankind has known for thousands of years. Even though scientists are still discovering its new properties, it is already known that it perfectly harmonises the circulatory system and maintains proper cognitive functions, i.e. concentration and memory.

Hops & Valerian with Passionflower is a product created to fight stress. Valerian aids in healthy sleep, hops have calming properties, while passionflower improves resistance to stress.

The set couldn't be without Lecithin, a very important element of the brain and nervous tissue.

Magnesium is a great source of magnesium and in the set it is responsible for counteracting fatigue and weariness, but also for maintaining proper mental functions.

No one needs convincing as to how important omega-3 fatty acids are for our health. Super Omega 3 EPA is included in the Pro Relax set, because it has docosahexaenoic acid, which has a positive effect on brain functions when consumed in an amount of at least 250 mg.

Vitamin B Complex is, of course, a source of B vitamins, which are best known for their positive effect on mental functions and help fight fatigue.

The kit is supplemented with vitamin D3, essential each and every day.

Healthy Intestines

“It all starts in the gut” – you’ve surely heard people saying that. Our health is closely related to the proper functioning of intestines and the digestive tract as a whole. How our body absorbs nutrients and how digestion functions is crucial for every organ in our body. It’s no coincidence that a healthy and varied diet is most often mentioned by scientists and doctors as the foundation of good health.

Healthy Intestines is a set created with a harmonious digestive system and intestinal health in mind.

Healthy Intestines

Included in the set:

Bacillus Coagulans, Bowel Build, Liquid Chlorophyll, Loclo, Pro B11, Aloe juice, Zambroza

Recommended use:

Use all the products included in the set in accordance with the instructions on the labels.



It all starts in the gut!

Pro B11 and Bacillus Coagulans supplement your diet with as many as 12 strains of probiotic bacteria that enrich your intestinal flora.

The primary ingredients of Bowel Build are the blond plantain, which helps maintain intestinal health, and ginger, which supports general digestive system health and metabolism of carbohydrates, but also vitamins C, A and zinc.

Loclo is a source of dietary fibre our customers are very well aware of, but it also features turmeric to help keep the liver healthy, cinnamon for gastric comfort and rosemary for better fat digestion.

Aloe Juice is popular because of its health-related benefits to the digestive system. It stimulates metabolism and helps you stay regular.

Zambroza is included in the set, because of its digestive system activation effects, which are characteristic of the sea-buckthorn.

Liquid Chlorophyll, our worldwide bestseller, completes the set.



Healthy Bones and Joints

Movement is the key, and movement without pain or discomfort is perfect. Keeping our bones and joints in good health is the basis for maintaining mobility, and mobility is the cornerstone of our independence. We all know that the passing of time most often makes itself felt in joints and bones. Calcium, zinc, vitamins C and D and physical activity are the answer. You'll find all the necessary ingredients in the “Healthy Bones and Joints” set.

Healthy Bones and Joints

Included in the set:

Collagen, , Zinc ALT, 2 x EverFlex,
Calcium Plus Vitamin D,
Vitamin C bioflavonoids, Vitamin D3,
Tei-fu – Massage lotion

Recommended use:

Recommended use:
Use all the products included in the set
in accordance with the instructions on the labels.



Be mobile. Stay independent!

Calcium Plus Vitamin D is a key part of the set. It contains ingredients necessary for keeping bones and joints healthy, and its composition allows calcium and phosphorus to be absorbed effectively.

Zinc ALT is the perfect dietary supplement for ensuring bones stay healthy.

EverFlex is a great combination of chondroitin, glucosamine and MSM (methylsulfonylmethane).

Vitamin C is responsible for producing collagen necessary for joint health.

Collagen contains as much as 17 g of collagen peptides, which makes it a very rich dietary supplement.

Vitamin D3 is associated with immunity, but there is no doubt that it is also needed to keep bones healthy. In addition, it helps in the absorption of calcium and phosphorus that bones need.

The Tei-fu warming massage lotion, which our customers refer to as a first aid kit in a tube, completes the set. The perfect approach is to massage Tei-fu into the joints before going for a long walk or other physical activities.



Pro Active

Yes, staying healthy is easy! Just eat healthy and remember about frequent physical activity. Less important whether you are running, cycling or swimming. It is essential to do this regularly. Physical activity has been included in the healthy eating pyramid as the basis for health and fitness.

Of course, frequent sports activities do not exempt you from a healthy diet. On the contrary, only the combination of healthy eating and physical activity will ensure satisfactory results.

Start living healthy! Right now! With the Pro Active set and regular activity, you will quickly notice the first positive changes! Pro Active will provide you with the necessary energy, a complex of vitamins and minerals, the perfect portion of protein and fibre and much, much more!



The set recommended by
Polish Society Sports Medicine.

Pro Active

Included in the set:

Solstic Energy from Nature,
2 x SmartMeal, Collagen+

Recommended use:

Recommended use:
Use all the products included in the set
in accordance with the instructions on the labels.



Maintain your health actively!

Solstic Energy from Nature is composed of energetic guarana and B vitamins, and its recipe was developed with everyday activity in mind. So start your day by quickly gaining extra energy that you will enjoy for hours!

SmartMeal will help you notice the first results faster than you would expect. 24g of vegan protein will help you build muscle, and fibre and a complex of vitamins and minerals ensure that feeling of health every day!

Collagen+ is much more than just collagen. Vitamin C will help you regenerate after training, and the product will also supplement your diet with zinc, which you lose quickly during exercise. All products of the Pro Active set perfectly fit into everyday activities. Thanks to the powder form and convenient sachets, you can take them anywhere.

Let's get to it! Be active in maintaining your health!



Bestsellers

Your favourite products

A glass of vibrant green liquid chlorophyll sits on a dark green surface, with a bunch of fresh green grass to its left. The liquid has a frothy top layer with small bubbles. The background is a solid dark green color.

**By choosing Nature's Sunshine's Liquid Chlorophyll,
you are choosing the perfect product!**

Liquid Chlorophyll is the number one choice of people who know a lot about food ingredients and additives – in particular those used in industrial settings and that are mass-produced – and are aware that contemporary food is mostly the end product of industrial processes, stored in cold rooms and transported in poor conditions. People who consciously avoid such food are the largest group of customers who choose this product. Chlorophyll is the favourite supplement of those who eat consciously and choose the highest quality of food.

The main ingredient of our product is the well-known sodium copper chlorophyllin, famous for its considerable similarity to haemoglobin. The chemical structures of chlorophyllin and haemoglobin are incredibly similar and the main difference between them is the centre of the molecule – copper in chlorophyllin and iron in haemoglobin.

Liquid Chlorophyll

FOOD SUPPLEMENT • 476 ml

Liquid Chlorophyll is the absolute bestseller among food supplements worldwide. Nature's Sunshine's Liquid Chlorophyll is made from the highest-quality, carefully selected mulberry and alfalfa leaves. Throughout the nearly 50 years of our existence, we have perfected the manufacture of Liquid Chlorophyll and are able to obtain a flawless product.

Our customers call Chlorophyll “the Green Wonder of Nature”. We completely agree! To protect the product, we designed a special bottle that shields the liquid from the sun.

While developing our Liquid Chlorophyll, we thought of every detail, so that our customers could receive the very best product. We have achieved excellence with the help of peppermint oil – it gives our product the refreshing taste that all Nature's Sunshine customers are familiar with.

INGREDIENTS:

Purified water; stabiliser: soluble glycerin; sodium copper chlorophyllin; flavouring: peppermint oil

KEY INGREDIENTS:

Content of the recommended intake (5 ml):
Sodium copper chlorophyllin – 15 mg

*Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.*



RECOMMENDED DAILY INTAKE:

Add 5 ml (one teaspoon) of chlorophyll to a glass of water. Drink three times daily.
Do not exceed the recommended daily intake.

BEZ GMO

BEZ-
GLUTENOWY

PALEO
PRZYJAZNY

17 g
peptydów
w każdej porcji

DIETA
KATOGENICZNA

BEZ
LAKTOZY

Beautiful You!

Did you know that collagen represents over 30% of all proteins in the body? Different types of collagen peptides are located in different areas.

- Type one serves primarily as a building block of skin, bones, tendons and ligaments.
- Type three is found in the skin and blood vessels. Our Collagen combines both types of peptides and is characterised by improved solubility! It is gluten-free, lactose-free, paleo- and keto-friendly, and of course it is not genetically modified.

Collagen

FOOD SUPPLEMENT • 516 g

Our product is based on a patented blend of trace minerals and electrolytes and each serving provides 17 g of collagen peptides.

Collagen is also characterised by an excellent amino acid profile. It contains; for instance, glycine, proline and hydroxyproline, which are essential for collagen synthesis.

Due to its flavourless and odourless formula, the product can be easily mixed with coffee, tea, fruit juices or healthy smoothies.

INGREDIENTS:

Bovine collagen peptides, sea salt, trace mineral blend, potassium chloride.

KEY INGREDIENTS:

Content of the recommended intake (17 g):

Collagen peptides - 17 g

Proprietary blend of trace minerals
and electrolytes - 255 mg



RECOMMENDED DAILY INTAKE:

Mix one scoop of the product (17 g) with coffee, tea, smoothie, water, fruit juice or another beverage. Drink once daily.

Do not exceed the recommended daily intake.

*Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.*

Why UltraBiome DTX?

If you live, breathe, eat or drink in our modern world, then you're exposing yourself to pollutants and toxins on a daily basis. But with UltraBiome DTX, you can still live a healthy, thriving life!

We know what you're up against, so we've searched the world for herbal ingredients of the highest quality to naturally ease your body's burden. Take the red beet root and broccoli flowers in this formula. Harvested from the verdant fields of Hungary, both are organically grown and non-GMO to give you all their natural goodness with nothing you don't want or need.

BENEFITS

- Chicory root and Rosemary leaves support the body's natural mechanism for purification
- Apple fruit and Olive Leaf extracts support healthy intestinal transit
- Helps maintain optimal function of upper respiratory tract
- Green tea leaf extract provides sustained energy and optimizes nutrient absorption
- Rosemary Leaves support healthy liver function
- Carrot root powder supports a balanced glucose response
- Supports healthy digestion
- Chicory Root and Rosemary Leaves help digestive secretions and gastrointestinal motility, contribute to excessive gas elimination
- Flax Seed Powder and Chicory Root help increase sense of satiety

UltraBiome DTX

DIET SUPPLEMENT • 30 sachets

Toxins from food, water and air can wreak havoc on health as they build up in the body. Don't let them! The unique blend of fibers, fruits and vegetables in patent-pending UltraBiome DTX primes intestinal and digestive pathways, targeting body purification. It also helps support a healthy gut lining.

INGREDIENTS:

L-glutamine, Psyllium hulls/husk powder (*Plantago ovata*), FOS (fructooligosaccharides), apple fruit fibre, thickening agents (gum arabic and guar gum), flax seed powder (*Linum usitatissimum*), inulin (chicory root extract), flavour enhancer (citric acid), orange flavouring, broccoli flowers powder (*Brassica oleracea* var. *italica*), rice concentrate, citrus flavourings (orange, lemon, lime, mandarin, tangerine, and vanilla), sodium copper chlorophyllin, sweetener (stevia leaf extract (*Stevia rebaudiana*)), apple fruit extract (*Malus pumila*), zinc citrate, green tea leaf extract powder [decaffeinated] (*Camellia sinensis*), turmeric root powder (*Curcuma longa*), tomato fruit powder (*Solanum lycopersicum*), carrot root powder (*Daucus carota*), cabbage leaf powder (*Brassica oleracea* var. *capitata*), red beet root powder (*Beta vulgaris*), rosemary leaf powder (*Rosmarinus officinalis*), grape seed extract (*Vitis vinifera*), olive leaf extract (*Olea europaea*)

RECOMMENDED USE

Mix 1 packet in 260 ml of water. Shake or stir vigorously and drink immediately.

May be consumed twice per day. Do not exceed the recommended daily intake!

If you are taking medication, consult your doctor or pharmacist before consumption.



*Dietary supplements cannot be used as a substitute for a varied diet.
A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.*



Awaken yourself to healthier living.

Striving to discover your BEST SELF is a worthy, lifelong pursuit... and it relies heavily on health. Develop a sustainable approach to ongoing mental clarity and health. Experience the Ashwagandha awakening.

- Helps sharpen the mind-body connection
- Is traditionally used to support mental health and improve memory
- Promotes well-being
- Supports physical performance and endurance

Ashwagandha

DIET SUPPLEMENT • 60 capsules

WHY OUR ASHWAGANDHA?

Ashwagandha herbal blend utilizes natural, adaptogenic, plant-based ingredients that are scientifically shown to help improve the central nervous system, which is constantly impacted by emotional and environmental stressors. Adaptogens and their benefits are linked to the hypothalamus-pituitary-adrenal (HPA) axis. Together these three help the body support a healthy mind-body connection.

INGREDIENTS

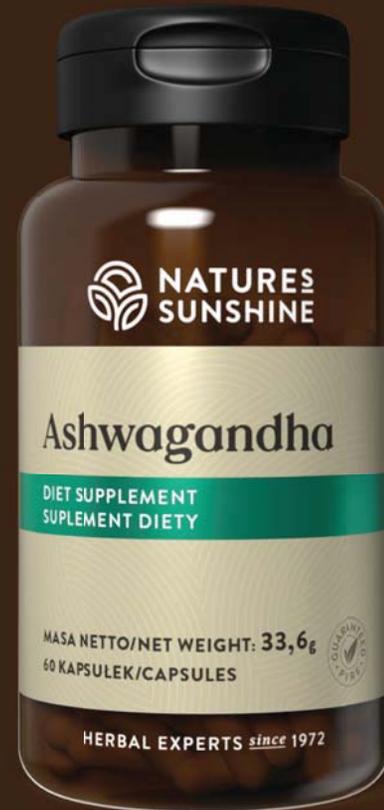
Ashwagandha root extract (*Withania somnifera*), Bacopa leaf extract (*Bacopa Monniera*), Rhodiola root extract (*Rhodiola rosea*), bulking agent (cellulose), rice concentrate, Schisandra fruit powder (*Schisandra chinensis*), Black pepper fruit extract (*Piper Nigrum*), vegetable capsule [firming agent (hypromellose), water].

KEY INGREDIENTS

In a daily portion (1 capsule)

Ashwagandha root extract (10 mg withanolides)	200 mg
Water hyssop leaf extract.....	125 mg
Rhodiola rosea root extract	100 mg
Schisandra chinensis fruit extract	5 mg
Black pepper fruit extract	5 mg

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A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.*



RECOMMENDED USAGE

Take 1 capsule daily, with water.

Do not exceed the recommended daily intake!

Enrichment of the intestinal flora

Contemporary science and medicine are shifting away from considering the intestines solely as organs that break down and transport food. Due to their complex structure and unique innervation, the intestines have even been called the “second brain”. It turns out that our intestines have a huge impact on our mental health. There is a connection between intestinal health, well-being and the processing of emotions.

Bifidophilus Flora Force

FOOD SUPPLEMENT • 90 capsules

Bifidophilus Flora Force is a food supplement that contains strains of *Lactobacillus acidophilus* and *Bifidobacterium longum*. It also includes short- and long-chain fructooligosaccharides. *Bifidobacterium longum* and *Lactobacillus acidophilus*, commonly regarded as the most important bacteria, are found in the human gastrointestinal tract.

The purpose of this product is to enrich the intestinal flora.

INGREDIENTS:

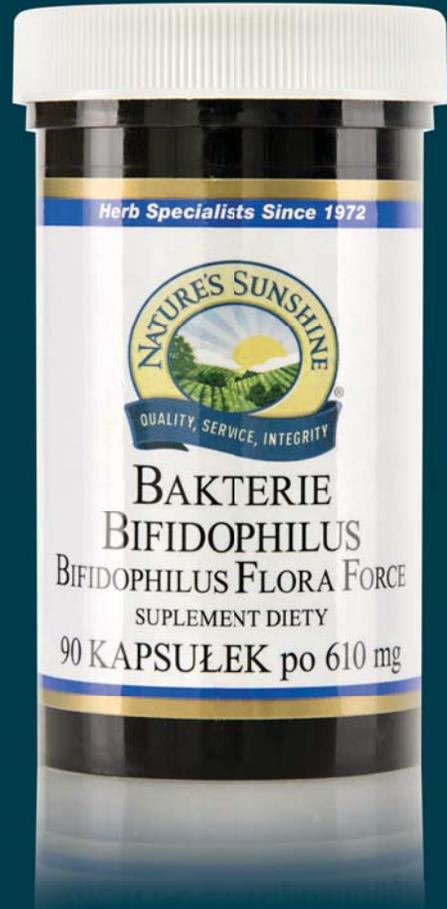
Lactobacillus acidophilus; *Bifidobacterium longum*; fructooligosaccharides; powdered carrots; safflower oil; maltodextrin; capsule casing: gelatin; anti-caking agent: cellulose; emulsifier: magnesium salts of fatty acids.

KEY INGREDIENTS:

Content of the recommended intake (2 capsules):
Lactobacillus acidophilus - 5 x 10 CFU*
Bifidobacterium longum - 2 x 10 CFU*

*CFU – Colony-Forming Unit – a unit used to estimate the number of micro-organisms in the test material using the culture method. Data valid as of the date of manufacture.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.



RECOMMENDED DAILY INTAKE:

1 capsule once or twice daily with food.
 Do not exceed the recommended daily intake.

The queen of vitamins!

The most popular vitamin and component of food supplements, and deservedly so, since very few substances have such a profound impact on our health. It improves immunity, alleviates fatigue and supports bone, joint and vascular health.

Each tablet of the product contains 1,000 mg of L-ascorbic acid, which primarily contributes to the proper functioning of the immune system. Lesser known, but equally important properties of vitamin C include the protection of the cells against oxidative stress (vitamin C is a strong anti-oxidant) and the alleviation of fatigue and tiredness. It has also been demonstrated that vitamin C supports the proper functioning of the nervous system and helps maintain normal psychological functions.

Vitamin C is a product that you can trust while boosting your immunity. Our supplement has many more important properties: it facilitates the synthesis of collagen, which is essential for the proper functioning of blood vessels, bones, cartilage, skin, teeth and gums.

Vitamin C with bioflavonoids

FOOD SUPPLEMENT • 60 tablets

Did you know that...

intensive physical activity can be detrimental to your immunity? After an intensive workout your body is weakened; this, in turn, has a negative impact on the immune system, increasing the risk of infection.

Vitamin C supports the immune system after intensive physical activity, which is one of the reasons why it is so highly regarded by professional and competitive athletes.

INGREDIENTS:

vitamin C (L-ascorbic acid), antioxidant: fatty acids; thickener: hydroxypropyl methylcellulose; emulsifier: magnesium salts of fatty acids; thickener: calcium phosphates; anti-caking agent (silicon dioxide); acerola fruit extract; hesperidin; lemon bioflavonoids; rose hip extract; rutin

KEY INGREDIENTS:

Vitamin C

(L-ascorbic acid) - 1,000 mg / 1,250% NRV*

Acerola fruit extract - 5 mg**

Hesperidin - 5 mg**

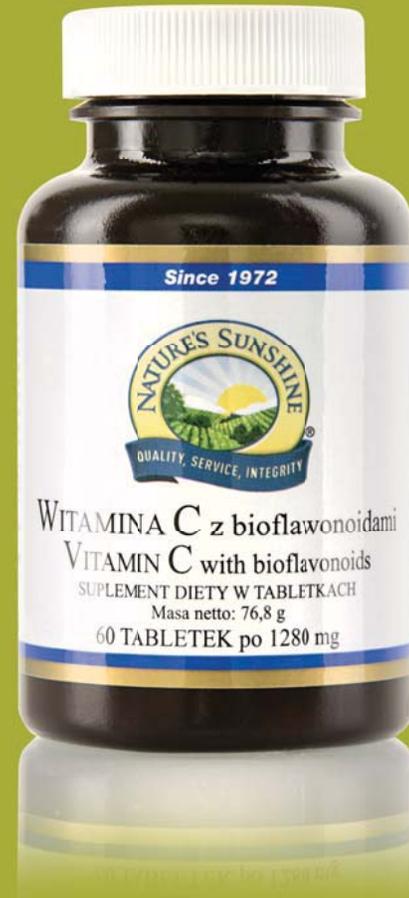
Lemon bioflavonoids - 5 mg**

Rose hip powder - 5 mg**

Rutin - 5 mg**

*NRV – Nutrient Reference Value

** No determined Nutrient Reference Values.

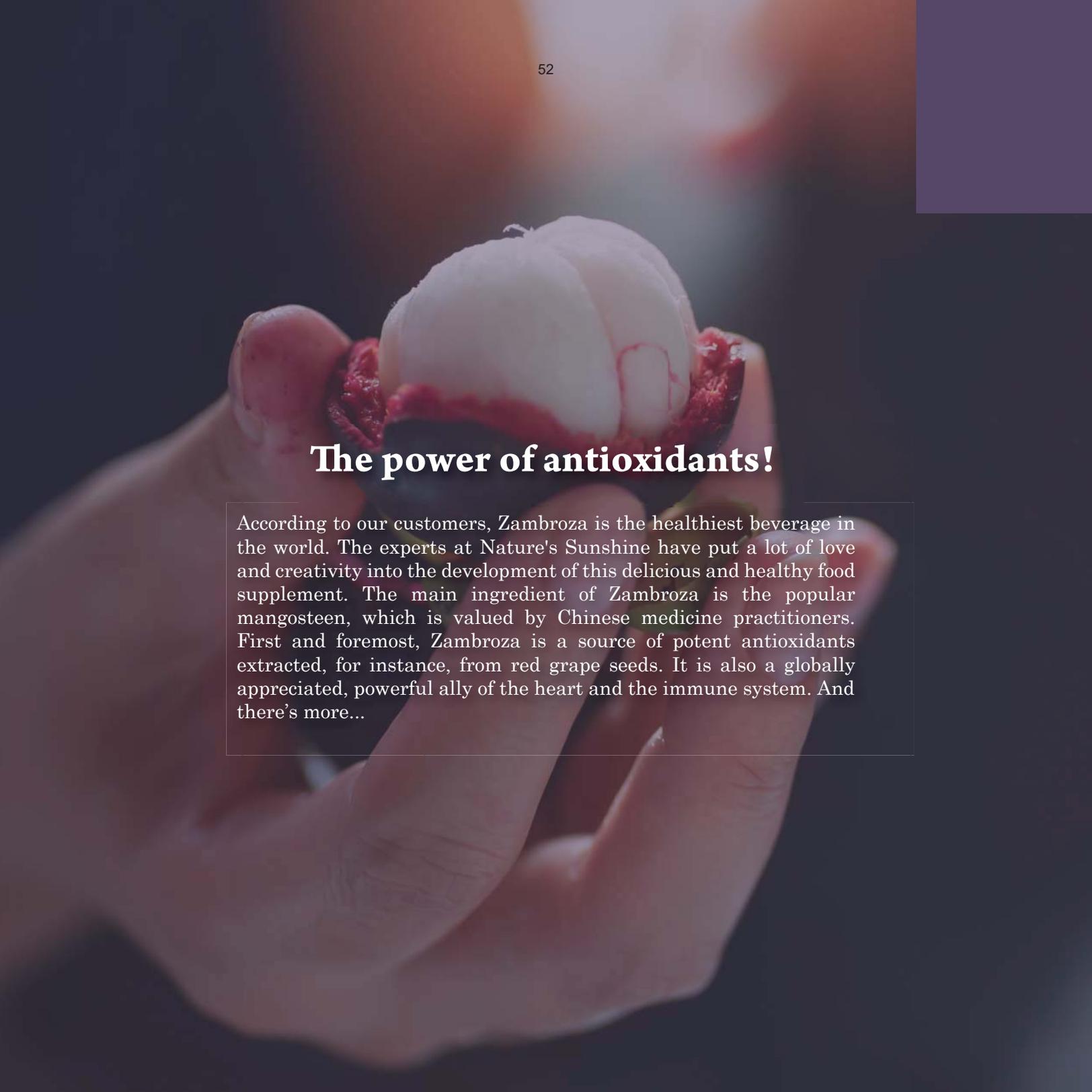


RECOMMENDED DAILY INTAKE:

1 tablet daily

Do not exceed the recommended daily intake.

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A balanced diet and healthy lifestyle are important for the proper functioning of the body.*



The power of antioxidants!

According to our customers, Zambroza is the healthiest beverage in the world. The experts at Nature's Sunshine have put a lot of love and creativity into the development of this delicious and healthy food supplement. The main ingredient of Zambroza is the popular mangosteen, which is valued by Chinese medicine practitioners. First and foremost, Zambroza is a source of potent antioxidants extracted, for instance, from red grape seeds. It is also a globally appreciated, powerful ally of the heart and the immune system. And there's more...

Zambroza

FOOD SUPPLEMENT • 458 ml

We have collected the healthiest fruits from all over the world and combined them in one delicious drink.

Zambroza contains various fruits, such as red raspberry, fox grape, Chinese wolfberry and many other healthy plants. The main ingredient of Zambroza is mangosteen (*Garcinia mangostana*), found naturally in Eastern tropical countries, such as Thailand. The sea buckthorn extract supports the proper functioning of the mucous membrane in the case of dry eyes, vaginal dryness or dry mouth, as well as boosting the immune system, strengthening the heart and increasing the activity of the digestive system.

INGREDIENTS:

purified water; red raspberry; common grape vine; fox grape; northern highbush blueberry; mangosteen powder; red grape skin extract; mangosteen pericarp extract; sea buckthorn fruit extract; Chinese wolfberry fruit extract; preservative: sodium benzoate; red grape seed extract; green tea leaf extract; apple extract

KEY INGREDIENTS:

Content of the recommended intake (15 ml):

Mangosteen powder - 380 mg*

Mangosteen pericarp extract - 33 mg*

Sea buckthorn extract - 15 mg*

* No determined Nutrient Reference Values.



RECOMMENDED DAILY INTAKE:

15 ml (1 tablespoon) daily

Do not exceed the recommended daily intake.

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A man and a woman are running outdoors on a dirt path. The man is on the left, wearing a grey tank top and black leggings, smiling. The woman is on the right, wearing a patterned sports bra and grey shorts, also smiling. The background shows a natural, hilly landscape with some vegetation under a bright sky. A teal square is in the top right corner.

Give yourself more!

Collagen+ was created to give beautiful skin, healthy hair and nails, and ensure that joints are in perfect shape. Specialists developed a combination of collagen peptides, vitamin C, zinc and hyaluronic acid that will allow you to care for your health and beauty in every respect.

Collagen itself is rich in amino acids such as glycine, proline, hydroxyproline and hydroxylysine, and studies have shown that collagen is absorbed by the body like bi- and tripeptides, which reach the skin and cartilage through venous circulation.

Collagen+

DIET SUPPLEMENT • 30 sachets

Vitamin C, Zinc and hyaluronic acid round out the effect of Collagen+. The first aids in the proper production of collagen in our bodies, which allows us to maintain healthy bones, blood vessels, cartilage, skin and joints. Zinc, meanwhile, reinforces bones, nails, skin and hair, while additionally improving micronutrient metabolism and, what's important for symbiosis with collagen, it aids proper protein synthesis. Hyaluronic acid completes the product's excellent formula.

KEY INGREDIENTS:

Collagen peptides	5.81 g**
Vitamin C	60 mg / 75% NRV*
Zinc	8.19 mg / 82% NRV
Hyaluronic acid	9 mg**

*NRV - nutritional reference values; **

- NRV has not been stated

INGREDIENTS:

hydrolysed bovine collagen, acidity regulator (citric acid), L-ascorbic acid, zinc citrate, zinc gluconate, hyaluronic acid sodium salt, sweetener (steviol glycosides).

RECOMMENDED USAGE

Mix one portion of Collagen+ (6 g) into coffee, tea, a smoothie, water, fruit juice or other beverage. Do not add to boiling water. Consume once daily.



*Dietary supplements are not a substitute for a varied diet.
A balanced diet and a healthy lifestyle are the basis for the proper functioning of one's body.*

An indispensable component of the everyday diet.

Omega-3 fatty acids are not affected by ever-changing trends. EPA and DHA are still recommended by doctors and nutritionists and should be standard components of a healthy diet. They have numerous beneficial properties, the most important of which is their positive impact on heart health and eyesight. It should also be noted that omega-3 acids support the cardiovascular system and facilitate the proper functioning of the brain.

Super Omega 3 EPA

FOOD SUPPLEMENT • 60 capsules

Super Omega-3 EPA contains the following fatty acids:

- EPA – eicosapentaenoic acid
- DHA – docosahexaenoic acid.

A dose of EPA and DHA, contained in two capsules (250 mg) of our product, facilitates normal heart function. If consumed at an intake of 3 g daily, EPA and DHA help maintain healthy blood pressure. Do not exceed the maximum daily supplemental intake of EPA and DHA, i.e. 5 g.

The docosahexaenoic acid (DHA) helps maintain healthy brain function. The beneficial effect is achieved if DHA is consumed at a dose of 250 mg daily.

INGREDIENTS:

fish oil; EPA (eicosapentaenoic acid); DHA (docosahexaenoic acid); capsule casing: gelatin, glycerin, water; flavouring: lemon oil

KEY INGREDIENTS:

Content of the recommended intake (6 capsules):

EPA – eicosapentaenoic acid 2,280 mg *

DHA – docosahexaenoic acid 1140 mg *

*No determined Nutrient Reference Values.

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RECOMMENDED DAILY INTAKE:

1–2 capsules 3 times daily with food.

Do not exceed the recommended daily intake.

Not just fibre

Loclo is a very comprehensive product. It was created as a source of essential and helpful dietary fibre, but our customers also value it for its many other properties.

It contains cinnamon, the increasingly popular turmeric and rosemary. All of these ingredients combined with two types of fibre help maintain good intestinal health.

A few facts about dietary fibre:

Fibre is the residue of plant cells that is not digested in the gastrointestinal system and is therefore resistant to human digestive enzymes. Fibre contains a soluble fraction (e.g. cellulose, lignin) and an insoluble fraction (e.g. pectins, vegetable gums, including guar gum, fructooligosaccharides). Both fractions have a positive impact on human health, but differ in terms of their activity.

Insoluble fibre is neither digested nor dissolved. It has a positive effect on intestinal peristalsis by mechanically irritating intestinal walls and on digestion by stimulating the secretion of digestive fluids, as well as increasing the volume of ingested food due to its water-binding properties.

Soluble fibre dissolves in water and becomes a viscous substance that protects the walls of the gastrointestinal tract. This fraction slows down digestion, thus extending the feeling of fullness, as well as helping to maintain the bacterial balance (the healthy ratio of probiotic bacteria to spoilage bacteria). It also reduces the absorption of cholesterol and prevents constipation.

Loclo

FOOD SUPPLEMENT • 344 g

Loclo is an excellent source of dietary fibre. One serving of the product (9.5 g) provides 3.8 g of fibre. Loclo contains soluble and insoluble fibre from apples and oat bran. Other ingredients include, for instance, cinnamon, turmeric and rosemary.

Loclo is an ideal product for those who want to take care of their gastrointestinal tract. Turmeric improves liver health and cinnamon helps maintain healthy intestinal gas levels and brings comfort to the stomach. Rosemary facilitates the proper functioning of the liver, increases intestinal comfort and improves fat digestion. The beneficial impact of fibre on the condition of the digestive system is commonly known. Fibre is essential for intestinal health.

INGREDIENTS:

Broccoli; cabbage; carrot; red beet; tomato; turmeric; rosemary; psyllium; fructose; bioflavonoids from grapefruit and oranges; hesperidin; apple fibre; acacia gum; guar gum; oat bran; citric acid; cinnamon; acidity regulator (potassium carbonate)

KEY INGREDIENTS:

Content of the recommended intake (9.5 g):

Psyllium - 2.36 g *

Apple fibre - 1.6 g *

Oat bran - 0.8 g *

Guar gum - 0.8 g *

Acacia gum - 0.8 g *

Cinnamon - 0.3 g *

*No determined Nutrient Reference Values.



RECOMMENDED DAILY INTAKE:

Mix one heaping tablespoon of the product (9.5 g) with a glass of water and drink straight away. Drink once daily.

Do not exceed the recommended daily intake.

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The vitamin of life

It is estimated that up to 80% of Polish people suffer from vitamin D deficiency. This is mainly due to the small number of sunny days during the year. Other causes include using protective filters during sunbathing, which of course should be applied regularly, as well as spending time indoors and following an unbalanced diet.

If you answer “Yes” to any of the following questions, you should consider supplementing vitamin D.

- Do you eat few products rich in vitamin D?
- Do you use sunscreen?
- Do you spend most of the day in the office, at home or otherwise indoors?

Vitamin D₃

FOOD SUPPLEMENT • 60 tablets

Called the vitamin of life, it has a huge impact on the functioning of your body. You can produce it yourself, but only with the help of sunlight. Vitamin D is synthesised in the skin under the influence of solar radiation. At our latitude, the majority of sunny days occur in the spring and summer, while the autumn and winter are characterised by much less sunlight. We also cover our skin to protect ourselves from the cold. Maintaining a healthy level of vitamin D in the body is crucial for bone and muscle health.

Vitamin D also participates in the process of cell division and boosts immunity, as well as facilitating the absorption of calcium and phosphorus, improving the condition of bones and teeth. The best sources of vitamin D include oily saltwater fish, fish oil, cow's milk and cheese.

INGREDIENTS:

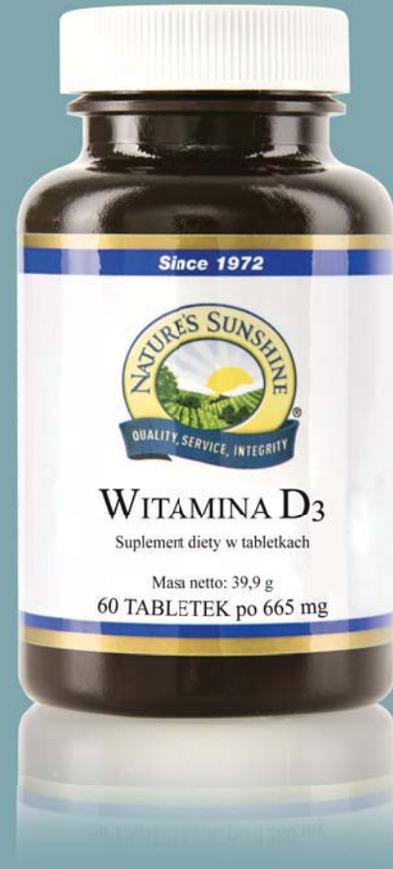
Anti-caking agent: calcium phosphates; bulking agent: cellulose; anti-caking agent: fatty acids; vitamin D₃ (cholecalciferol); emulsifier: magnesium salts of fatty acids.

KEY INGREDIENTS:

Content of the recommended intake (1 tablet):

Vitamin D₃ - 50 µg* / 1,000% NRV*

*NRV – Nutrient Reference Value



RECOMMENDED DAILY INTAKE:

1 tablet daily with food

Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.



 NATURE'S
SUNSHINE

Ashwagandha

DIET SUPPLEMENT
SUPPLEMENT DIETY

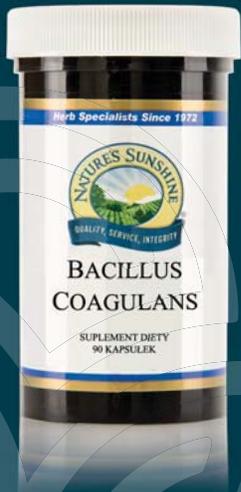
KLÁSA NETTO/NET WEIGHT: 33,6g
HERAPSULEK/CAPSULES

HERBAL EXPERTS HERB

Dietary supplements

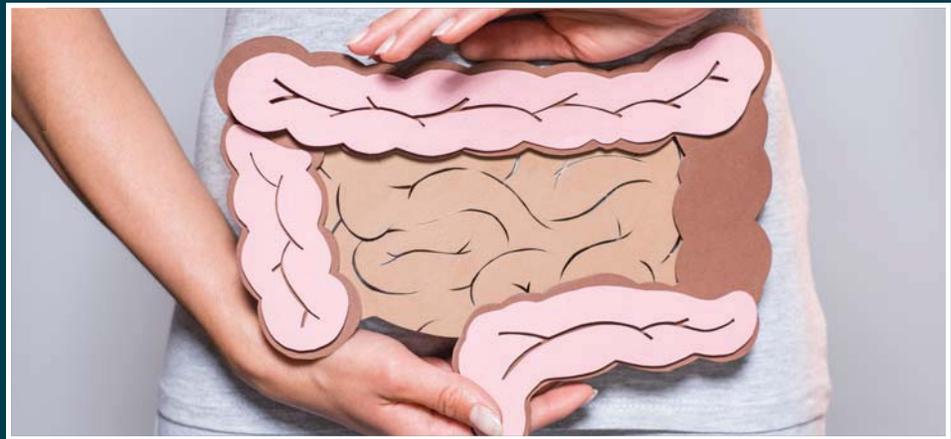
Bacillus Coagulans

FOOD SUPPLEMENT • 90 capsules



The product supplements the daily diet with Bacillus coagulans (MTCC 5856), enriching the intestinal flora.

Supplementation that adds beneficial bacteria to the intestinal flora is becoming more and more popular. People are increasingly conscious of the condition of their intestines and gastrointestinal tract, noticing that the most important things for our health are our diet and digestion.



INGREDIENTS:

Bacillus coagulans, inulin, anti-caking agents (magnesium salts of fatty acids, silicon dioxide), capsule casing (hydroxypropyl methylcellulose)

KEY INGREDIENTS:

Content of 3 capsules (daily dose):

Bacteria:

Bacillus coagulans – 3 billion CFU*

Inulin – 810 mg

*CFU – Colony-Forming Unit

RECOMMENDED DAILY INTAKE:

Take 3 capsules daily with food.

The content of the capsule can also be mixed with food or drink.

Do not exceed the recommended daily intake!

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Bowel Build

FOOD SUPPLEMENT • 120 capsules



Bowel Build was created to support the proper functioning of the gastrointestinal tract. The carefully designed composition of the product includes plant-based ingredients, such as blond psyllium husks and ginger, as well as vitamins and minerals, such as zinc, vitamin C and vitamin A. The product also contains activated charcoal, betaine, vitamin E and selenium.

For many years, Bowel Build has been very popular among Nature's Sunshine's customers from all around the world, who are looking for reliable and effective products that improve gastrointestinal health.

Blond psyllium improves gut health, facilitates intestinal passage and supports digestion. Ginger is beneficial to the gastrointestinal tract as a whole and improves the metabolism of carbohydrates.

Vitamin C supports healthy energy metabolism.

Vitamin A facilitates the metabolism of iron.

Zinc helps maintain healthy metabolism of proteins, fats and carbohydrates.

INGREDIENTS:

Powdered blond psyllium husks, curly dock root powder, thickening agent: sodium alginate powder, marsh-mallow root powder, apple pectin, activated charcoal, L-ascorbic acid (vitamin C), ginger rhizome powder, betaine hydrochloride, zinc gluconate, L-selenomethionine, colourant: copper complexes of chlorophylls and chlorophyllins, D-alpha-tocopherol (vitamin E), beta-carotene (vitamin A), bulking agent (cellulose), anti-caking agents (magnesium salts of fatty acids, silicon dioxide), capsule casing (gelatin, water).

KEY INGREDIENTS:

Content of the recommended intake (8 capsules):

Vitamin A – 200 µg – 25% NRV*; Vitamin E – 10.6 mg – 88% NRV*; Vitamin C – 80 mg – 100% NRV*;

Zinc – 8 mg – 80% NRV*; Selenium – 40 µg – 73% NRV*; Betaine hydrochloride – 64 mg **

*NRV – Nutrient Reference Value; ** No determined NRV.

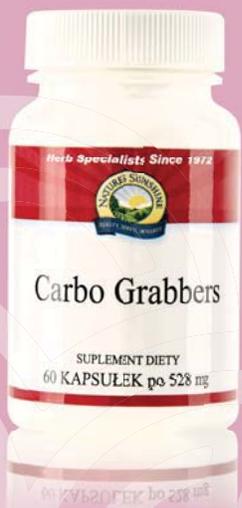
RECOMMENDED DAILY INTAKE:

Take four capsules twice daily – in the morning and in the evening with food.

Do not exceed the recommended daily intake! This product may cause an allergic response in people sensitive to blond psyllium. Not recommended for pregnant women.

Carbo Grabbers

FOOD SUPPLEMENT • 60 capsules



Each capsule of Carbo Grabbers contains 300 mg of common bean extract (phaseolamin). Due to its properties, this product is one of the most popular items in our weight loss range among the customers from the USA. Carbo Grabbers acts as “a sugar absorber”.



INGREDIENTS:

Common bean (*Phaseolus vulgaris*) extract; capsule casing: gelatin; bulking agent: cellulose; emulsifier: magnesium salts of fatty acids; anti-caking agent: magnesium salts of fatty acids.

KEY INGREDIENTS:

Content of the recommended intake (6 capsules):

Common bean extract 1800 mg*

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1–2 capsules 3 times daily before a carbohydrate-rich meal.

Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.

Cholester-Reg

FOOD SUPPLEMENT • 90 capsules



Cholester-Reg is a food supplement designed for people suffering from high cholesterol levels. The product contains artichoke leaf, famous for its powerful effect on the cholesterol levels, body weight, as well as on liver and gastrointestinal health.

Cholester-Reg also includes plant sterols and resveratrol extracted from the root of Japanese knotweed, which is a natural antioxidant that protects the body against harmful free radicals. The artichoke leaf and plant sterols are the key ingredients of the product. Here are some of their properties:

Artichoke leaf

- Helps maintain a healthy level of lipids in the blood.
- Facilitates the detoxification of the body and improves liver health.
- Supports the proper functioning of the gastrointestinal system.
- Promotes weight loss.
- Traditionally used to improve the functioning of the kidneys.
- An antioxidant that protects the cells against free radicals.

Plant sterols help maintain normal blood cholesterol levels.

Use Cholester-Reg regularly, follow a healthy diet, lead an active lifestyle and defeat high cholesterol. Fight for your heart!

INGREDIENTS:

Artichoke leaf; plant sterols (23.8 g / 100 g of the product); inositol nicotinate; capsule casing: gelatin; bulking agent: cellulose; anti-caking agent: magnesium salts of fatty acids, stearic acid; resveratrol extracted from the root of Japanese knotweed; anti-caking agent: silicon dioxide; policosanol.

KEY INGREDIENTS:

Content of the recommended intake (3 capsules):

Artichoke leaf – 450 mg*; Plant sterols – 450 mg*; Inositol nicotinate – 450 mg*; Resveratrol extracted from the root of Japanese knotweed – 30 mg*; Policosanol – 5.25 mg*

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1 capsule 3 times daily with food. Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.

Chondroitin

FOOD SUPPLEMENT • 60 capsules



Chondroitin – one of the main building blocks of articular cartilage – is a substance occurring naturally in the human body. Chondroitin sulfate is the basic component of the extracellular matrix of all types of the connective tissue.

Unfortunately, it is very difficult to find chondroitin in food.



Chondroitin is an endogenous substance, i.e. produced by the body. It is usually produced in the right amount, but in some cases, its stores can become depleted due to excessive use.

INGREDIENTS:

Chondroitin sulfate; capsule casing: gelatin; carriers: magnesium salts of fatty acids, silicon dioxide.

KEY INGREDIENTS:

Chondroitin sulfate 1292 mg*

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

2 capsules twice daily with food.

Do not exceed the recommended daily intake.

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Zinc ALT

FOOD SUPPLEMENT • 120 tablets



We associate zinc with healthy bones, beautiful skin, shiny hair and strong nails. It is all true, but zinc is so much more. It helps maintain a healthy acid-base balance, improves the metabolism of micronutrients, and has a beneficial effect on fertility and reproductive functions. It should also be emphasised that zinc helps maintain good eyesight. Our product also contains algae, alfalfa and thyme. This combination of ingredients has made Zinc ALT even more powerful and healthy. Brown algae help maintain a healthy body weight and the thyme leaf – in accordance with its traditional use – facilitates digestion.

Our product is recommended particularly for women who want to have beautiful hair, skin and nails, and for everyone who wants to lose weight.



Did you know that...

Physical effort, especially very strenuous activities, causes increased excretion of zinc in urine and decreased blood levels of zinc and selenium? Therefore, according to researchers (including sports medicine specialists) from the Universities of Extremadura and Salamanca (Spain), athletes should monitor the levels of these two minerals and determine optimal supplementation.



INGREDIENTS:

Carrier: calcium phosphates; zinc gluconate; anti-caking agent: cellulose; brown algae; alfalfa; thyme leaf; anti-caking agent: magnesium salts of fatty acids

KEY INGREDIENTS:

Content of the recommended intake (1 tablet):

Zinc – 15 mg / 150% NRV*; Brown algae – 85 mg**; Alfalfa – 27 mg**; Thyme leaf – 27 mg**

*NRV – Nutrient Reference Value.

**No determined NRV

RECOMMENDED DAILY INTAKE:

1 tablet daily with food.

Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.

Red Clover

FOOD SUPPLEMENT • 100 capsules



Due to the extreme popularity of red clover and its presence on every continent, one of the most crucial steps in creating Red Clover was the careful selection of the raw material. Nature's Sunshine is a company that defines quality standards, in particular in terms of inspecting its suppliers. This allows us to be confident that we are providing our customers with the very best products. Red clover (*Trifolium pratense*) alleviates symptoms of menopause, such as hot flashes, sweating, anxiety and irritability. This is why Red Clover is chosen primarily by our female customers. Nevertheless, we also recommend it for everyone who pays special attention to their cardiovascular system. Red clover has a beneficial effect on the cardiovascular system, increases the elasticity and strength of blood vessels and capillary walls, and regulates blood pressure.



INGREDIENTS:

Red clover; capsule casing: gelatin

KEY INGREDIENTS:

Content of the recommended intake (6 capsules):

Red clover - 1920 mg*

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

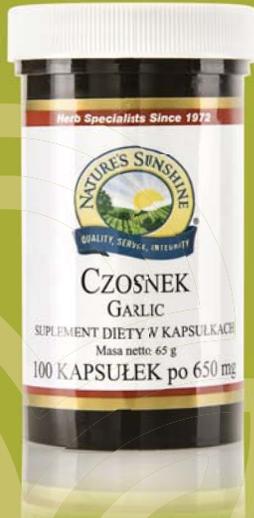
2 capsules 3 times daily with food.

Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.

Garlic

FOOD SUPPLEMENT • 100 capsules



Garlic is one of the most frequently studied herbs in the world. Its health-promoting properties were discovered as early as ancient times, and today we know that it has a beneficial impact on the respiratory and immune systems. Garlic supports the body's own defence system, regulates blood sugar levels and increases insulin sensitivity. It also helps maintain normal blood cholesterol levels and improves vascular health. Garlic has a beneficial effect on the liver and increases resistance to short-term stress.

Nature's Sunshine's Garlic is dehydrated in a strictly controlled environment in order to preserve the enzymes and other heat-sensitive compounds that give fresh garlic its incredible nutritional value. Using a gelatin capsule allows us to eliminate the strong smell of this plant.



INGREDIENTS:

garlic (*Allium sativum*); capsule casing (gelatin)

KEY INGREDIENTS:

Content of the recommended intake (1 capsules):

Garlic 550 mg*

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1 capsule daily with food.

Do not exceed the recommended daily intake.

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A balanced diet and healthy lifestyle are important for the proper functioning of the body.*

Defense Maintenance

FOOD SUPPLEMENT • 120 capsules



Vitamins A, E and C, zinc and selenium – can you imagine a better combination for improving your immunity? Defense Maintenance supplements the diet with these ingredients, providing great support for the immune system.

The composition is enriched with powerful herbs. Ginseng root, acai berry concentrate, turmeric, schisandra and reishi are consistent with current nutritional trends and support the body in many different ways.



INGREDIENTS:

L-ascorbic acid (vitamin C), D-alpha-tocopherol (vitamin E), Siberian ginseng root powder, L-selenomethionine powder, asparagus stalk, powdered plants: acai berry (*Euterpe oleracea*) concentrate, broccoli flower, cabbage leaf, reishi ascocarp extract, schisandra fruit, turmeric rhizome; beta-carotene (vitamin A), zinc gluconate, zinc oxide, retinyl palmitate (vitamin A), capsule casing (gelatin, water), anti-caking agents (fatty acids, silicon dioxide, magnesium salts of fatty acids).

KEY INGREDIENTS:

Content of the recommended intake (1 capsules):

Vitamin A – 500 µg – 63% NRV*; Vitamin E – 44 mg – 367% NRV; Vitamin C – 120 mg – 50% NRV;

Zinc – 5 mg – 50% NRV; Selenium – 25 µg – 45% NRV

*NRV – Nutrient Reference Value

**No determined NRV

RECOMMENDED DAILY INTAKE:

1 capsule daily with food

Do not exceed the recommended daily intake.

Defense Maintenance

Immunity and much more!

Vitamin C supports the immune system and facilitates collagen synthesis for healthy bones, cartilage, skin and teeth. It is a strong antioxidant that increases iron absorption and supports the maintenance of normal psychological functions.

Vitamin E is a popular antioxidant – it protects the cells against oxidative stress.

Vitamin A strengthens the immune system and helps maintain good eyesight. It also has a beneficial effect on the skin.

Zinc – very well known to our customers – not only boosts immunity, but also improves the condition of the skin, hair and nails. In men, zinc helps maintain a healthy level of testosterone.

In addition to supporting the immune system, selenium also improves thyroid health and protects the cells against oxidative stress.

For centuries, ginseng has been used traditionally to increase vitality and alleviate fatigue. Naturally, it also boosts immunity.

Turmeric not only increases immunity, but also improves liver health and helps maintain the proper functioning of the lungs and upper airways.



Everflex

FOOD SUPPLEMENT • 60 tablets



EverFlex is a combination of chondroitin, MSM (methylsulfonylmethane) and glucosamine, designed by specialists. Chondroitin is a natural component of articular cartilage. Glucosamine is a component of cartilage and synovial fluid that surrounds articular surfaces. MSM (methylsulfonylmethane) is organic sulphur, commonly found in the human body.



INGREDIENTS:

Glucosamine hydrochloride (from crustaceans), methylsulfonylmethane (MSM), chondroitin sulfate (of bovine origin), bulking agent (cellulose), anti-caking agents (fatty acids, silicon dioxide, magnesium salts of fatty acids).

KEY INGREDIENTS:

Content of the recommended intake (3 tablets):

Glucosamine hydrochloride – 1,260 mg* – of which glucosamine [1,025 mg*]; Methylsulfonylmethane (MSM) – 1,260 mg*;
Chondroitin sulfate – 330 mg* – of which chondroitin [220 mg*]

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

Take one tablet three times daily with food.

Do not exceed the recommended daily intake.

Gotu Kola

FOOD SUPPLEMENT • 100 capsules



Each capsule contains 395 mg of Indian pennywort (*Centella asiatica* L.) – a plant native to tropical and subtropical regions of the world. It has been known to mankind for thousands of years and is renowned for its health-promoting characteristics. Currently, the effects of pennywort are the subject of numerous studies. Indian pennywort has a multi-directional positive effect on our body:

- It helps maintain healthy venous circulation, thus preventing the uncomfortable feeling of tired and heavy legs.
- It helps maintain normal cognitive abilities.
- It brings digestive comfort and alleviates stomach issues.
- It normalises the cardiovascular system and contributes to its proper functioning.



INGREDIENTS:

Aboveground part of Indian pennywort (*Centella asiatica*), capsule casing (gelatin).

KEY INGREDIENTS:

Content of the recommended intake (1 capsules):

Indian pennywort – 395 mg*

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1 capsule daily with food.

Do not exceed the recommended daily intake.

*Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.*

Support for Digestion and Digestive Health

Magnesium

An estimated 80–90% of magnesium is lost during food processing. It's no wonder nearly 70% of people don't get enough of this essential macro mineral. Magnesium supports a variety of functions in the body. These include bone health, psychological function, muscle function, contributes to the maintenance of normal energy metabolism energy production and muscle contractions and the nervous system health.

Triphala Extract

Derived from the fruits of Amalaki (Indian Gooseberry), Bibhitaki and Haritaki, triphala has played a prominent role in Ayurvedic tradition for over 1,000 years. Considered a pillar of gastrointestinal support in Ayurveda, triphala features a host of bioactive compounds.

Its major constituents include tannins, gallic acid, ellagic acid and chebulinic acid—potent antioxidants. It also provides the flavonoids quercetin and lutenolin, as well as various saponins, anthraquinones and amino acids.

Triphala may also promote the proper digestion and absorption of food for a healthy bowel and digestion balance.

Slippery Elm

Slippery elm is widely recognized for its traditional support of gut health. Slippery elm is rich in soothing mucilage, a thick, slippery substance that can coat the lining of the stomach and intestines to ease the flow of intestinal contents.

As demand for slippery elm has increased, quality and sustainability have become paramount. We work only with experienced collectors who responsibly harvest our slippery elm by hand. Using special techniques, our partners harvest the bark from trees that are at least 15 years each spring. The timing is critical, as the running sap from April to July helps the outer bark easily separate from the inner bark, preserving the tree for future harvests.

Marshmallow Root

Althaea officinalis, more commonly known as marshmallow, is a perennial herb native to Europe, North Africa and western Asia. Its beautiful white and pink flowers are found naturally along riverbanks and salt marshes, as it prefers moist, sandy soils. Marshmallow root has been used as a traditional herb for centuries. It is thought to support the health of the mucous membranes throughout the gastrointestinal tract. Its mucilage, a sap-like substance, is believed to soothe the mucous membranes along these tracts.

Gentle Move

DIET SUPPLEMENT • 60 capsules

Triphala (Amalaki, Bibhitaki, Haritaki), slippery elm and marshmallow root have a beneficial effect on digestion and support the functioning of the digestive system, including the intestines.

BENEFITS DUE TO PLANT-BASED INGREDIENTS:

- Supports the digestive tract and helps with proper digestion
- May support intestinal health
- Naturally promotes bowel movements
- Features botanicals

INGREDIENTS

Magnesium, triphala extract, yellow dock root, ginger rhizome, marshmallow root extract and slippery elm bark.

KEY INGREDIENTS

In a daily portion (1 vegetable capsule)

Magnesium	200 mg
Korzeń szczawiu kędzierzawego	50 mg
Three fruit extracts - including:	
Chebolic myrobalan extract	30 mg
Beleric myrobalan extract	30 mg
Emblic myrobalan extract	30 mg
Ginger rhizome	25 mg
Marsh mallow Extract	10 mg
Slippery elm bark	10 mg

*Dietary supplements cannot be used as a substitute for a varied diet.
A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.*



RECOMMENDED USE

Take 2 capsules at nighttime or before bedtime.
During periods that require special support: Take up to 6 capsules per day for up to 7–10 days.

Grapine with Protectors

FOOD SUPPLEMENT • 90 tablets



Grapine with Protectors is a combination of the highest-quality ingredients. Vitamin C, turmeric, rosemary and red grape seed extract are the key components of the product. Vitamin C helps protect the cells against oxidative stress. Turmeric supports the nervous system, as well as facilitating haematopoiesis, enhancing the quality of the blood and improving circulation. It strengthens the immune system, as well as improving and restoring appetite. Turmeric also has antioxidant properties. Rosemary reinforces the body's natural defence system and boosts immunity. It stimulates the secretion of digestive fluids, as well as supporting the liver and bile ducts. Rosemary has traditionally been used to facilitate digestion. Red grape seed extract is beneficial for venous circulation, as well as improving vascular health and the integrity of capillaries. It is a well-known source of antioxidants and a natural protection against free radicals. It improves cellular health and functions.

The product supplements the daily diet with vitamin C. Red grape seed extract reinforces blood vessels. Turmeric supports the heart, as well as facilitating haematopoiesis and blood circulation. Rosemary stimulates the secretion of digestive fluids and supports the proper functioning of the liver. Rosemary improves fat digestion.

INGREDIENTS:

Red grape skin extract, red grape seed extract, polyphenols, vitamin C, broccoli flower, cabbage leaves, carrot root, red beet root, tomato fruit, turmeric rhizome, rosemary leaf, grapefruit bioflavonoids, hesperidin – bioflavonoid, orange bioflavonoids, carriers: dicalcium phosphate, stearic acid, cellulose, magnesium salts of fatty acids, silicon dioxide.

KEY INGREDIENTS:

Content of the recommended intake (3 tablets):

Red grape skin extract – 150 mg**; Red grape seed extract – 72 mg**;

Vitamin C – 60 mg / 100% NRV*; Polyphenols – 60 mg**; Pine bark extract – 3 mg **

*NRV – Nutrient Reference Value. **No determined NRV

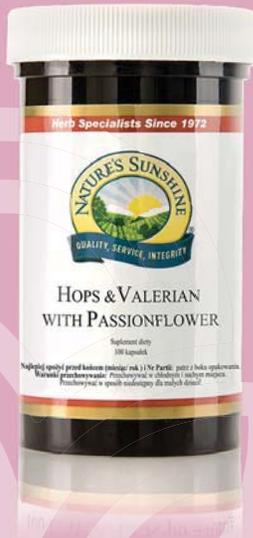
RECOMMENDED DAILY INTAKE:

1 tablet 3 times daily with food.

Do not exceed the recommended daily intake.

Hops & Valerian with Passionflower

FOOD SUPPLEMENT • 100 capsules



Sleep, or rather its appropriate duration and quality, has a huge impact on our health. Adults should sleep 7–8 hours a day. Sleep deprivation is not only detrimental to our well-being, but also significantly affects our concentration, memory and the ability to make logical decisions. The duration and quality of our sleep continues to decline. One of the reasons behind it is the omnipresent stress – one of the greatest enemies of our health. Hops & Valerian with Passionflower has been created in response to our contemporary, hectic lifestyle. Work, exams, deadlines... Nowadays, stress permeates almost every aspect of our lives. We all need a break. A combination of calming and relaxing herbs – hops, valerian and passionflower – has a soothing and stress-reducing effect.

Hops (*Humulus lupulus*) have calming properties and support the central nervous system.

Valerian root (*Valeriana officinalis*) improves the quality of sleep and helps maintain normal cognitive abilities (such as memory).

Passionflower (*Passiflora incarnata*) has a sleep-inducing effect, increases deep sleep and improves the body's resistance to stress.

INGREDIENTS:

Valerian (*Valeriana officinalis*) root powder, powdered aboveground parts of passionflower (*Passiflora incarnata*), capsule casing (gelatin, water), powdered hops (*Humulus lupulus*) flowers.

KEY INGREDIENTS:

Content of the recommended intake (2 capsules):
 Hops flowers – 196 mg*; Valerian root – 324 mg*;
 Aboveground parts of passionflower – 260 mg*
 *No determined Nutrient Reference Values

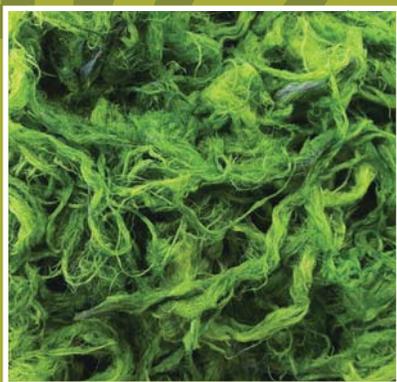
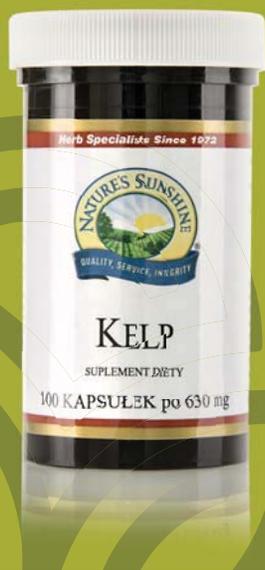
RECOMMENDED DAILY INTAKE:

Take 2 capsules daily with food.
 Do not exceed the recommended daily intake.
 Not recommended for pregnant women.

*Food supplements cannot be used as a replacement for a balanced diet.
 A balanced diet and healthy lifestyle are important for the proper functioning of the body.*

Kelp

FOOD SUPPLEMENT • 100 capsules



Seas and oceans are some of the richest sources of minerals on Earth. Their shores are home to brown algae. Brown algae absorb nutrients from the environment, becoming their precious sources. They are an important food supplement for the people of Japan and Polynesia. Kelp was designed as a source of iodine. It contains brown algae that deliver the necessary amount of iodine to the body, allowing the physiological self-regulation of iodine exchange. Brown algae also boost immunity and exhibit general regenerative properties that help maintain the healthy functioning of the entire body.

Iodine.

Iodine is a chemical element belonging to the halogens group. It is not a very common element. It is found in seawater and brine water. It can also be detected in food, if it comes from areas where iodine is a natural component of soil and water. The human body contains about 30–50 mg of iodine. The largest amount of iodine can be found in the thyroid, which has the ability to store this element.

Brown algae exhibit general regenerative properties that help maintain healthy functioning of the entire body, as well as having a positive effect on the gastrointestinal system.

INGREDIENTS:

brown algae, capsule casing (gelatin), carriers (magnesium salts of fatty acids, silicon dioxide)

KEY INGREDIENTS:

Content of the recommended intake (4 capsules):

Brown algae – 2,100 mg*

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

2 capsules twice daily with food.

Do not exceed the recommended daily intake.



Coenzyme Q10 Plus

FOOD SUPPLEMENT • 60 capsules

An excellent combination of magnesium, zinc, copper, iron and coenzyme Q10. Magnesium and iron are beneficial for energy metabolism.

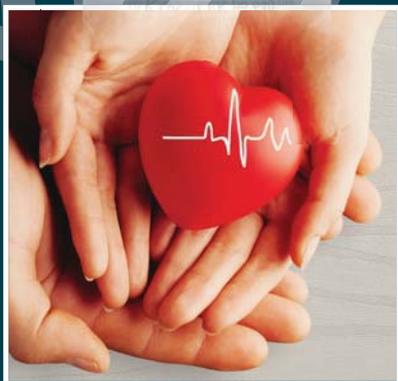
Magnesium is essential for normal psychological functions and healthy teeth, and participates in the process of cell division. Iron facilitates the transport of oxygen throughout the body and helps alleviate the feelings of fatigue and tiredness.

Zinc supports the synthesis of protein and helps maintain proper cognitive functions.

Copper protects the cells against oxidative stress and ensures effective transport of iron within the body.

Coenzyme Q10 is a part of the so-called respiratory chain, i.e. the sequence of processes responsible for storing energy in cells. In recognition of his work on the respiratory chain, including the coenzyme Q10 and the storage of energy in the form of ATP, Peter Mitchell was awarded the 1978 Nobel Prize for Chemistry.

The product also contains hawthorn fruit, which helps reduce irritability and improves the quality of sleep.



INGREDIENTS:

capsule casing: gelatin; hawthorn fruit; Capsicum annuum fruit; magnesium; coenzyme Q10; zinc; copper; iron; water, bulking agent: microcrystalline cellulose

KEY INGREDIENTS:

ZContent of the recommended intake (3 capsules):

Hawthorn fruit – 288 mg^{**}; Magnesium – 75 mg / 20% NRV^{*}; Capsicum annuum fruit – 72 mg^{**}; Coenzyme Q10 – 30 mg^{*};

Zinc – 15 mg / 100% NRV^{*}; Copper – 7,5 mg / 750% NRV^{*}; Iron – 6 mg / 43% NRV^{*}

^{*}NRV – Nutrient Reference Value ^{**}No determined NRV

RECOMMENDED DAILY INTAKE:

1 capsule 3 times daily with food.

Do not exceed the recommended dose.

*Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.*

Lecithin

FOOD SUPPLEMENT • 170 capsules



Nature's Sunshine's soy lecithin is an excellent food supplement made from natural soybean. Soybean is a legume that has been known in Asia for 5,000 years. It is used in the manufacture of pharmaceuticals and food. It is an excellent source of protein and therefore it is often used as a meat substitute by vegetarians. Lecithin is a type of fat found in the membranes of all cells of the human body. It plays a very important role. It participates in many metabolic processes and has the ability to mix fats with water, thus facilitating the absorption of water-soluble vitamins. Lecithin is also a very important component of the brain and nervous tissue. Lecithin is rich in phosphatidylcholines (PC) and phosphatidylinositols (PI). It is produced by the human body, but the largest amounts of it can be found in animal products (liver and eggs), as well as in plants: peanuts and wheat sprouts.



Nature's Sunshine's Lecithin is particularly recommended for those who do not include large amounts of these products in their diet.

Due to its fat-mixing properties, lecithin facilitates the absorption of fat-soluble vitamins: A, D, E and K.

INGREDIENTS:

soy lecithin; capsule casing: gelatin, glycerol.

KEY INGREDIENTS:

Content of the recommended intake (2 capsules):

Soy lecithin – 1120 mg*

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1 capsule twice daily with food.

Do not exceed the recommended daily intake.

Olive Leaf - Extract

FOOD SUPPLEMENT • 60 capsules



European olive, which is the source of this extract, is a plant native to Southern Europe, including Greece, Italy and Spain. It is an integral part of the Mediterranean diet. Olive leaves have traditionally been used for therapeutic purposes. Due to the fact that the European olive increases the body's immunity under adverse weather conditions, it is an excellent product for winter sports enthusiasts. Olive also supports the upper airways. Olive Leaf is also an excellent source of antioxidants that protect the body against harmful free radicals. Furthermore, it promotes the healthy balance of sugars. It has been traditionally used in order to improve circulation and regulate vascular pressure.



Olive leaves contain a wealth of biologically active compounds: flavonoids, flavanones, secoiridoids, iridoids, biophenols, triterpenes, isochromates, organic acid esters, to name but a few. One such compound is oleuropein – the active substance found in the European olive, which has been thoroughly tested in terms of its health benefits.

INGREDIENTS:

Extract from European olive (*Olea europaea*) leaves, capsule casing: gelatin, bulking agent: cellulose, emulsifier: magnesium salts of fatty acids, maltodextrin.

KEY INGREDIENTS:

Extract from European olive (*Olea europaea*) leaves

420 mg* in 1 capsule / 1,260 mg* in 3 capsules

*No determined NRV

RECOMMENDED DAILY INTAKE:

1-3 capsules daily with food.

Do not exceed the recommended dose.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.



Immune Formula

FOOD SUPPLEMENT • 90 capsules

Immune Formula is a product that has been extremely popular with Nature's Sunshine's customers for years due to its unique composition. Each capsule of this food supplement contains fungi used in traditional Chinese medicine, such as the caterpillar fungus, hen-of-the-woods, and reishi. Other ingredients include the beta-glucans extracted from *Saccharomyces cerevisiae*, arabinogalactan extracted from *Larix* spp., and colostrum.

Caterpillar fungus (*Cordyceps sinensis*) is a fungus native to the Tibetan Plateau. It is also known as yartsa gunbu. Caterpillar fungus is particularly valued by Chinese medicine experts, who consider it to be one of the four most important substances and call it “the magic herb of Tibet”.

Hen-of-the-woods (*Grifola frondosa*), also known as the maitake mushroom, is particularly highly valued in Chinese medicine. It is native to Japan and North America and grows on the trunks of local trees.

Reishi (*Ganoderma lucidum*) is also known as lingzhi. The third main component of Immune Formula, it is traditionally used in Chinese medicine. The Chinese have known it for thousands of years as Ling Zhi and often call it the “plant of immortality”.

Contemporary science considers **beta-glucans** to be one of the most important groups of substances produced by fungi.

Arabinogalactan is a macromolecular polysaccharide biopolymer metabolised by the intestinal flora, which uses it to produce short-chain fatty acids.

Colostrum is the early milk produced by the cow within the first few hours after delivery. It has been very popular on the nutraceuticals market for about 20 years.

INGREDIENTS:

Beta-glucan powder, arabinogalactan powder, powdered colostrum (milk), powdered caterpillar fungus (*Cordyceps sinensis*) mycelium (from soy), powdered hen-of-the-woods (*Grifola frondosa*) mycelium extract, powdered reishi (*Ganoderma lucidum*) mycelium, anti-caking agent: cellulose, capsule casing (gelatin, water).

KEY INGREDIENTS:

Content of the recommended intake (3 capsules):

Beta-glucans – 600 mg*; Arabinogalactan – 300 mg; Colostrum – 150 mg*; Caterpillar fungus mycelium – 60 mg*

*No determined Nutrient Reference Values.

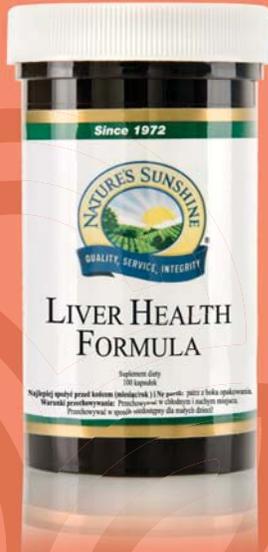
RECOMMENDED DAILY INTAKE:

3 capsules daily in between meals.

Do not exceed the recommended daily intake.

Liver Health Formula

FOOD SUPPLEMENT • 100 capsules



A healthy liver is crucial for the well-being of the entire body. It is one of the most important organs, responsible for many key processes. First and foremost, the liver removes toxins from the body (it plays a key role in the detoxification process), participates in the absorption of nutrients and is crucial for the healthy metabolism of fats.

The liver certainly should be treated with utmost care and attention. How? Changing your dietary habits and taking Liver Health Formula will help you keep your liver in good health.

Liver Health Formula is a blend of herbs, developed by specialists, that improves digestion and liver health.

The key component is the turmeric rhizome (*Curcuma longa*), which supports the proper functioning of the liver. The product also contains greater burdock root (*Arctium lappa*), which provides digestive comfort and helps maintain healthy blood glucose levels, great yellow gentian root (*Gentiana lutea*), which also increases intestinal comfort, as well as fenugreek seeds (*Trigonella foenum-graecum L*), which ensure healthy lipid metabolism and pH levels, and dandelion root, which helps maintain good appetite and supports the proper functioning of the stomach. Proper digestion, lipid metabolism and blood glucose levels are both the liver's tasks, and the factors that improve its health. A healthy diet, physical activity and Liver Health Formula can prove to be the greatest allies of your liver.

INGREDIENTS:

Powdered plants: greater burdock root, turmeric rhizome, great yellow gentian root, Irish moss thallus, slippery elm bark, fenugreek seeds, safflower flowers, dandelion root, bearberry leaf, aboveground parts of chickweed, catnip leaf; bulking agent (cellulose), anti-caking agent (magnesium salts of fatty acids), capsule casing (gelatin, water).

KEY INGREDIENTS:

Content of the recommended intake (3 capsules):

Greater burdock root – 252 mg*; Turmeric rhizome – 210 mg*; Great yellow gentian root – 171 mg*; Irish moss thallus – 150 mg*; Slippery elm bark – 138 mg*; Fenugreek seeds – 102 mg*

*No determined NRV

RECOMMENDED DAILY INTAKE:

1 capsule 3 times daily with food.

Do not exceed the recommended daily intake.

Alfalfa

FOOD SUPPLEMENT • 100 capsules



Alfalfa (*Medicago sativa*), which has been cultivated for over 2,000 years, has been regarded by many civilizations as a wonderful herb. The roots of alfalfa grow deep into the ground in order to reach minerals and essential nutrients that may not be available closer to the surface. Alfalfa belongs to the bean family. It is native to North Africa, Asia and Europe.

Currently, it can be found nearly everywhere in the world. It can be both cultivated and feral. Since alfalfa helps women maintain good sexual health, you could say that this is yet another product that has been designed for the fairer sex.



INGREDIENTS:

Alfalfa; capsule casing; gelatin

KEY INGREDIENTS:

Content of the recommended intake (6 capsules):

Alfalfa – 2,040 mg*

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

2 capsules 3 times daily with food

Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.

Magnesium

FOOD SUPPLEMENT • 90 capsules



Magnesium is one of the essential micronutrients that is absolutely crucial for the human body to survive. Sodium, potassium, calcium, iron and magnesium are the “golden five” essential minerals.

The role of magnesium in the functioning of entire organs has been described in over one thousand books! This should not come as a surprise: magnesium is stored in our cells' mitochondria and participates in several hundred enzymatic reactions, many of which cannot take place without this element!

Magnesium alleviates the feeling of fatigue and tiredness, helps maintain the balance of electrolytes, facilitates healthy energy metabolism, ensures proper synthesis of protein, helps maintain normal psychological functions and participates in the process of cell division



INGREDIENTS:

Magnesium malate, maltodextrin, anti-caking agents (magnesium salts of fatty acids, silicon dioxide), capsule casing (gelatin, water)

KEY INGREDIENTS:

Content of the recommended intake (3 capsules):

Magnesium – 240 mg – 64% NRV*, Malic acid – 1,050 mg**

*NRV – Nutrient Reference Value

**No determined NRV

RECOMMENDED DAILY INTAKE:

1 capsule 3 times daily with food

Do not exceed the recommended daily intake.

*Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.*

MSM – Methylsulfonylmethane

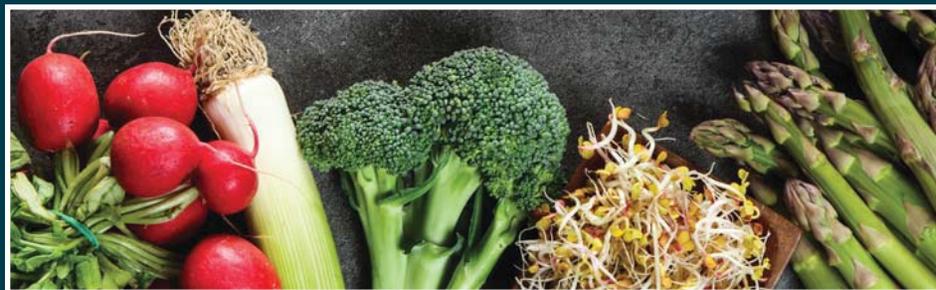
FOOD SUPPLEMENT • 90 tablets



Methylsulfonylmethane sounds very serious, doesn't it? In fact, there is nothing to be afraid of – MSM is simply an organic compound of sulphur that occurs in the human body as a component of the protein structure or synovial fluid. Sulphur can be found in every cell of the human body and is essential for its proper functioning. Sulphur also occurs in vegetables (e.g. onions, cabbage and broccoli), eggs and fruit (e.g. avocado or blackcurrant). Unfortunately, it is very easily destroyed during cooking, pasteurisation or freezing. Therefore, MSM supplementation should be considered, in combination with a well-balanced diet, in order to provide the body with sulphur.

Each MSM tablet contains 750 mg of methylsulfonylmethane.

Methylsulfonylmethane (MSM) is an organic form of sulphur.



INGREDIENTS:

Methylsulfonylmethane (MSM), bulking agents (cellulose, maltodextrin, fatty acids), anti-caking agents (silicon dioxide, magnesium salts of fatty acids).

KEY INGREDIENTS:

Content of the recommended intake (2 tablets):

Methylsulfonylmethane (MSM) – 1,500 mg*

*No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

2 tablets daily with food

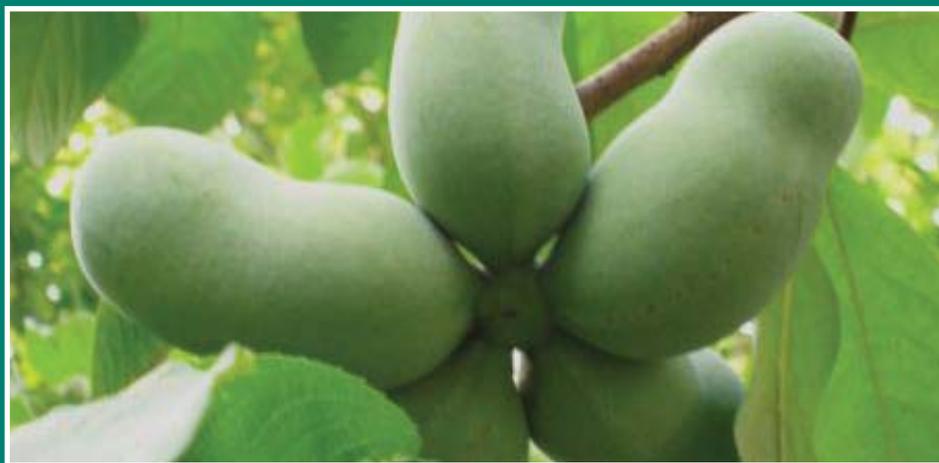
Do not exceed the recommended daily intake.

Paw Paw

FOOD SUPPLEMENT • 180 capsules



Paw Paw is the Native American name of a small tree, which is also called *Asimina triloba*. This product is extremely popular due to one of its ingredients – acetogenins.



INGREDIENTS:

Paw Paw branch extract (*Asimina triloba*); capsule casing (gelatin, water), bulking agent (cellulose), anti-caking agent (magnesium salts of fatty acids).

KEY INGREDIENTS:

Content of the recommended intake (6 capsules):

Paw Paw branch extract – 2,280 mg* – of which acetogenins – 51 mg

*No determined NRV

RECOMMENDED DAILY INTAKE:

2 capsules 3 times daily with food.

Do not exceed the recommended daily intake.

This product should not be consumed by pregnant women, women who are planning to become pregnant or breastfeeding women.

*Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.*

With phones, tablets, TVs and computers, you put your eyes through a lot. It's time you showed them some love. Support healthy eye function and protect your eyes from damage with powerful antioxidants in Perfect Eyes. Lutein, zeaxanthin, beta-carotene, turmeric and other nutrients help your eyes and vision.

Why Perfect Eyes?

This carotenoid-rich formula follows the AREDS study findings from 2001 and 2006. The first study found that a blend of vitamins C and E, beta-carotene, zinc and copper helped reduce the risk of progression of Age-related Macular Degeneration (AMD) by 25% in five years. The second study added lutein, zeaxanthin and omega-3 fatty acids to the mix for added benefits. Our lutein partner in India provides non-GMO seeds to local farmers, and they're fully committed to sustainability. They also work with the Shankara Eyecare Institute of India to offer free eye exams, provide glasses and help locals with cataracts, a common cause of blindness in India.

Perfect Eyes

DIET SUPPLEMENT • 60 capsules

THE STORY BEHIND PERFECT EYES

Beta-carotene is basically the yellow or orange pigment that gives many vegetables, fruits, flowers and other plants their colors. It was first crystallized from carrot roots in 1831. Beta-carotene means “B carrot” from the Greek beta + Latin carota. In 1851, Herman von Helmholtz invented the ophthalmoscope, which led to the discovery of the foveal pit in the human eyeball. This region of the macula has tightly packed cone cells and is responsible for the sharp vision you need for daily activities like face recognition and reading. It wasn't until 1988 that researchers identified lutein, zeaxanthin and meso-zeaxanthin as key components in the macula. This region is yellow in color because absorbed pigments from colorful foods are stored there. Bilberry, also known as whortleberry, huckleberry and European blueberry, was used traditionally to soothe the intestines and for oral applications. It is native to northern Europe. In World War II, British Air Force pilots consumed bilberry jam before they took off to help their night vision.

INGREDIENTS

Ascorbic acid, d-alpha tocopheryl acetate, zinc gluconate, rice concentrate, carotenoid blend (beta-carotene, alpha-carotene, lutein, lycopene, zeaxanthin, and cryptoxanthin), turmeric rhizome extract (*Curcuma longa*), sodium selenite, copper gluconate, lutein, bilberry fruit extract (*Vaccinium myrtillus* L.), taurine, quercetin fruit extract (*Sophora japonica*), colour (sodium copper chlorophyllin), zeaxanthin, vegetable capsule [firming agent (hypromellose), water].



RECOMMENDED USAGE

Take 2 capsules daily with a meal.

Do not exceed the recommended daily intake! Product dedicated to adults. If you are taking medication, consult your doctor or pharmacist before consumption. Do not use in people with predisposition to kidney stones or suffering from kidney stones

Dietary supplements cannot be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.

Capsicum & Garlic with Parsley

FOOD SUPPLEMENT • 100 capsules



Capsicum & Garlic with Parsley contains plants that have been well known for thousands of years. Nature's Sunshine's customers are very familiar with this product due to the company's origin story. Cayenne pepper (*Capsicum annuum*) was the first spice placed in gelatin capsules by Mr. and Mrs. Hughes. Discover the well-known characteristics of capsicum and garlic. Garlic (*Allium sativum*) has antibacterial properties, increases insulin sensitivity and has a positive effect on sugar metabolism. Garlic also helps maintain normal blood cholesterol, lipid and homocysteine levels. Cayenne pepper (*Capsicum annuum*) facilitates weight loss during a reducing diet.

Garlic improves blood circulation in microvessels and supports vascular health. Cayenne pepper facilitates weight loss.



INGREDIENTS:

garlic; *Capsicum annuum*; parsley leaf; capsule casing; gelatin

KEY INGREDIENTS:

Content of the recommended intake (6 capsules):

Garlic – 1,500 mg*; *Capsicum annuum* – 750 mg*; Parsley leaf – 750 mg*

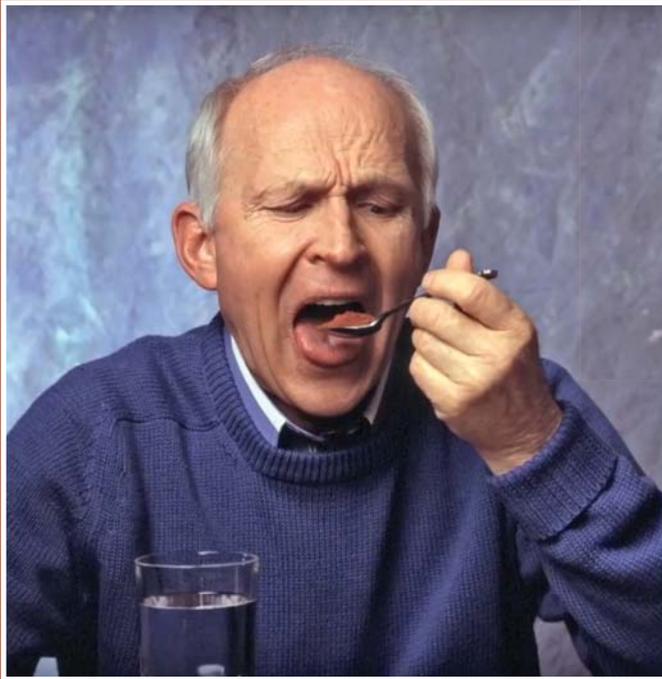
*No determined Nutrient Reference Values

RECOMMENDED DAILY INTAKE:

2 capsules 2-3 times daily with food.

Do not exceed the recommended daily intake.

Who knows, maybe without cayenne pepper Nature's Sunshine would have never come to life? Can you remember? Nearly half a century ago, the founder of Nature's Sunshine decided to try pepper therapy. Fortunately, it turned out to be very effective. To this day, Capsicum & Garlic with Parsley is a very popular product and one of the global bestsellers.



1972

Fat Grabbers

FOOD SUPPLEMENT • 120 capsules



Fat Grabbers is one of the most popular products offered by Nature's Sunshine. It owes its incredible properties to the carefully selected ingredients. The product consists of a patented blend of guar gum, blond psyllium, chickweed and soy lecithin.

Blond psyllium helps maintain healthy blood cholesterol and lipid levels, as well as supporting intestinal health.

Guar gum helps maintain a normal blood cholesterol level. The beneficial effect is achieved if guar gum is consumed at a dose of 10 g daily. Blond psyllium supports intestinal health, as well as facilitating digestion.



INGREDIENTS:

blond psyllium; guar gum; capsule casing: gelatin; chickweed; soy lecithin, carrier: silicon dioxide

KEY INGREDIENTS:

Content of the recommended intake (12 capsules):

Guar gum – 2,436 mg*; Blond psyllium – 2,436 mg*; Chickweed - 1,120.80 mg*

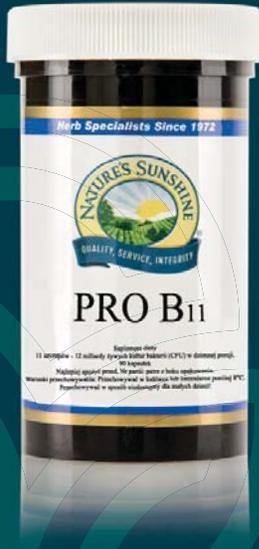
** No determined Nutrient Reference Values

RECOMMENDED DAILY INTAKE:

4 capsules 3 times daily with food and plenty of water.

Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.



Pro B11

FOOD SUPPLEMENT • 90 capsules

The product supplements the diet with 11 strains of probiotic bacteria that enrich the intestinal flora.

Supplementation that adds beneficial bacteria to the intestinal flora is becoming more and more popular. People are increasingly conscious of the condition of their intestines and gastrointestinal tract, noticing that the most important thing for our health is our diet and digestion.



INGREDIENTS:

A blend of live bacterial cultures, inulin, fructooligosaccharides, bulking agent (cellulose), anti-caking agent (magnesium salts of fatty acids), capsule casing (gelatin, water).

KEY INGREDIENTS:

Content in 2 capsules (a daily dose):

A blend of live bacterial cultures – 12 billion CFU*

Lactobacillus rhamnosus (VPro11) – 1.6*10⁹ CFU; Bifidobacterium bifidum (VPro51) – 1.2*10⁹ CFU;

Lactobacillus acidophilus (VK3) – 1.2*10⁹ CFU; Lactobacillus brevis (LBr1) – 2*10⁹ CFU;

Lactobacillus bulgaricus (VPro12) – 1.2*10⁹ CFU; Lactobacillus plantarum (VPro10) – 1.2*10⁹ CFU;

Streptococcus thermophilus (VPro23) – 1.2*10⁹ CFU; Bifidobacterium infantis (VPro53) – 0.8*10⁹ CFU;

Bifidobacterium longum (VPro54) – 0.8*10⁹ CFU; Lactobacillus casei (VPro30) – 0.8*10⁹ CFU;

Lactobacillus salivarius (VPro15) – 0.8*10⁹ CFU

*CFU – Colony-Forming Unit

*No determined Nutrient Reference Values

RECOMMENDED DAILY INTAKE:

Take 2 capsules daily with food.

Do not exceed the recommended daily intake.

*Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.*

Protein, vitamins, minerals...

Control your appetite and weight, exercise, and feel great...

Nature's Sunshine's Smart Meal nutrition mixed drink will help you manage your weight during a reducing diet, control your appetite and simply feel great. A blend of high quality non-GMO protein from soya beans and peas is the key to maintaining muscle mass.

Smart Meal contains 1,000 mg of linseed that increases the feeling of fullness, helping you to feel great in your body. Our mixed drink is a combination of top quality ingredients and delicious flavour that will help you control your weight. It is also an excellent source of many vitamins and minerals. To create your favourite flavour of Smart Meal, you can add your favourite fruit to the mixed drink before drinking. Use it in combination with other supplements to improve your well-being even further.

Did you know that...

According to sports nutrition specialists from universities in San Diego, Phoenix (USA) and Essex (UK), soy protein is just as effective as whey protein in building muscle mass? During nine research studies involving 266 participants, soybean was compared with whey and various animal proteins.

The analysis showed that both whey protein and soy protein supplementation resulted in increased strength during resistance training, but there were no differences between these groups. The effect of proteins on the increase in muscle mass was recorded; however, not in the studies that compared soy with whey, but those that compared soy with other animal proteins. However, no statistically significant differences were demonstrated there either.

According to the authors, both sources of protein have a similar effect on strength and muscle mass gain in response to resistance training.

SmartMeal

FOOD SUPPLEMENT • 510 g

INGREDIENTS:

Soy protein isolate; Cane sugar; Whitener [sodium caseinate (milk), Maltodextrin, Sunflower seed oil]; Vanilla flavouring; Fructooligosaccharides; Linseed; Maltodextrin; Medium-chain triglycerides; Calcium salts of orthophosphoric acid; Pea protein isolate; Thickener: Xanthan gum; Sweetener: Steviol glycosides; Potassium citrate; Salt; Magnesium oxide; Chlorella; Bulking agent: Cellulose gum; Guar gum; L-ascorbic acid; Vitamin E; Zinc citrate; Sodium selenate; Biotin; Retinyl palmitate; Nicotinamide; D-calcium pantothenate; Manganese citrate; Copper citrate; Folic acid; Vitamin D; Potassium iodide; Pyridoxine hydrochloride; Riboflavin; Thiamine; Sodium molybdate; Chromium picolinate; Vitamin B12.

KEY INGREDIENTS:

Content of the recommended intake (34 g):

Vitamin C – 21 mg – 26% NRV*;
 Biotin – 105 µg – 210% NRV*;
 Chromium – 42 µg – 105% NRV*;
 Copper – 0.7 mg – 70% NRV*;
 Vitamin B12 – 2.1 µg – 84% NRV*;
 Magnesium – 100 mg – 27% NRV*;
 Folic acid – 140 µg – 70% NRV*;
 Manganese – 0.7 mg – 35% NRV*;
 Riboflavin – 0.6 mg – 43% NRV*;
 Selenium – 24.5 µg – 45% NRV*;
 Thiamine – 0.53 mg – 48% NRV*;
 Pantothenic acid – 3.5 mg – 58% NRV*;
 Phosphorus – 150 mg – 21% NRV*;
 Vitamin A – 525 µg – 66% NRV*;
 Calcium – 250 mg – 31% NRV*;
 Vitamin D – 3.5 µg – 70% NRV*;
 Zinc – 5.25 mg – 53% NRV*;
 Vitamin B6 – 0.7 mg – 50% NRV*;
 Vitamin E – 7.72 mg – 64% NRV*;
 Niacin – 7 mg – 44% NRV*;
 Molybdenum – 12.5 µg – 25% NRV*;
 Iodine – 52.5 µg – 35% NRV*;

*NRV – Nutrient Reference Value

**No determined Nutrient Reference Values

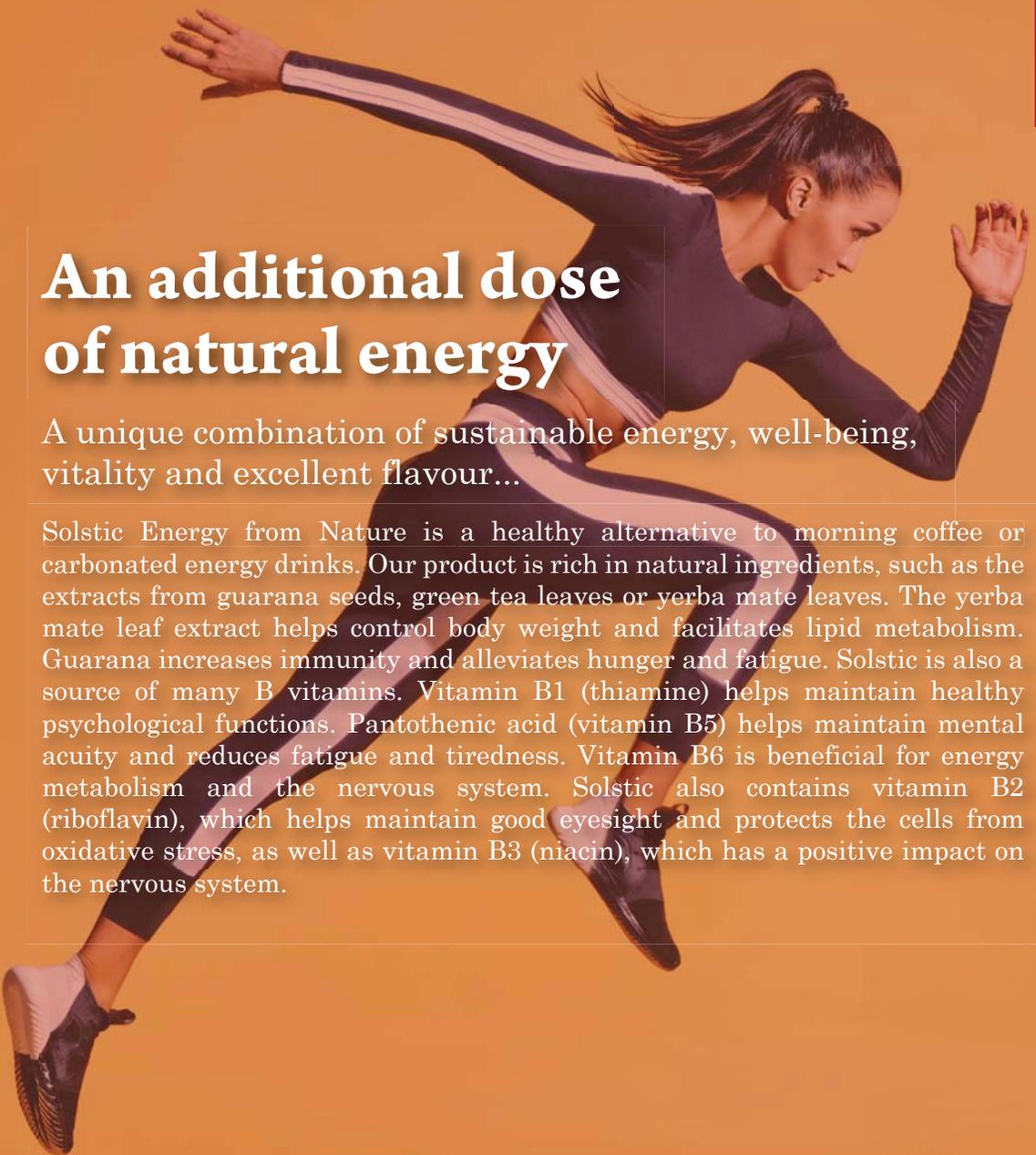


RECOMMENDED DAILY INTAKE:

Mix two scoops of powder (34 g) with 250 ml of water or skimmed milk.

Drink once daily.

Do not exceed the recommended daily intake.

A woman with long dark hair in a ponytail, wearing a black long-sleeved top with white stripes on the sleeves and black leggings with white stripes, is captured in a dynamic running pose. She is wearing black and white sneakers. The background is a solid orange color. A red rectangular shape is visible in the top right corner of the page.

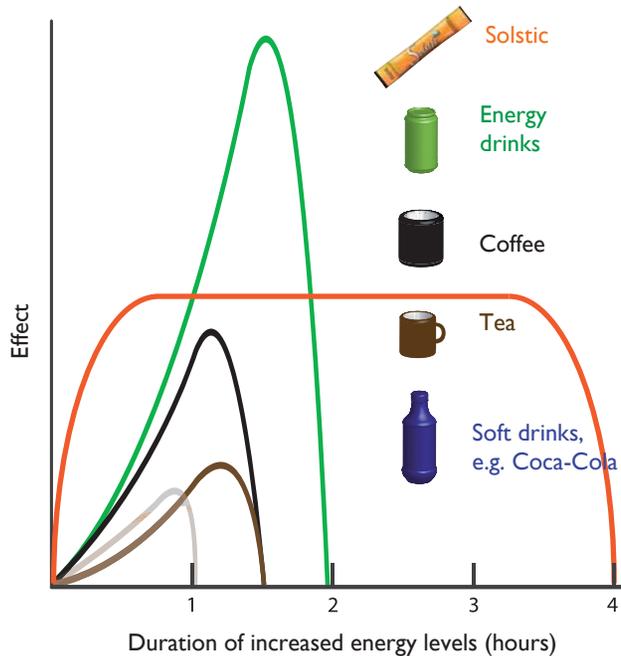
An additional dose of natural energy

A unique combination of sustainable energy, well-being, vitality and excellent flavour...

Solstic Energy from Nature is a healthy alternative to morning coffee or carbonated energy drinks. Our product is rich in natural ingredients, such as the extracts from guarana seeds, green tea leaves or yerba mate leaves. The yerba mate leaf extract helps control body weight and facilitates lipid metabolism. Guarana increases immunity and alleviates hunger and fatigue. Solstic is also a source of many B vitamins. Vitamin B1 (thiamine) helps maintain healthy psychological functions. Pantothenic acid (vitamin B5) helps maintain mental acuity and reduces fatigue and tiredness. Vitamin B6 is beneficial for energy metabolism and the nervous system. Solstic also contains vitamin B2 (riboflavin), which helps maintain good eyesight and protects the cells from oxidative stress, as well as vitamin B3 (niacin), which has a positive impact on the nervous system.

Solstic Energy

FOOD SUPPLEMENT • 30 sachets



KEY INGREDIENTS:

Content of the recommended intake – 1 packet (3.75 g):

Guarana seed extract – 273 mg**

Green tea leaf extract – 50 mg**

Red grape skin extract – 50 mg**

Niacin (vitamin B3) – 16 mg / 100% NRV*

Yerba mate leaf extract – 10 mg*

Pantothenic acid (vitamin B5) – 5 mg / 83.3% NRV*

Riboflavin (vitamin B2) – 1.3 mg / 92.9% NRV*

Pyridoxine (vitamin B6) – 1.3 mg / 92.9% NRV*

Thiamine (vitamin B1) – 1.2 mg / 109.1% NRV*

*NRV – Nutrient Reference Value

** No determined Nutrient Reference Values.



INGREDIENTS:

thickener: maltodextrin; acidity regulator: citric acid; guarana seed extract; acidity regulator: malic acid; sweetener: sucralose; anti-caking agent: silicon dioxide; red grape skin extract; green tea leaf extract; niacin; yerba mate leaf extract; pantothenic acid; riboflavin; pyridoxine; thiamine

RECOMMENDED DAILY INTAKE:

Pour the contents of one packet into 500 ml of water.

Mix until fully dissolved. Drink once daily.

Do not exceed the recommended daily intake.

Aloe Vera Juice

FOOD SUPPLEMENT • 946 ml



In the case of our Aloe Vera Juice, the manufacturing process is key. Aloe vera loses its beneficial properties very easily during processing, which is why Nature's Sunshine processes it as little as possible. Each aloe vera leaf is sliced open and the bitter outer layer of the leaf is removed. Afterwards, all that remains is gel, which turns into liquid after a few minutes. Nature's Sunshine processes only this liquid. Aloe vera juice (*Aloe barbadensis* Mill.) alleviates fatigue, stimulates the metabolism and improves immunity. It also supports the gastrointestinal tract, facilitates digestion and contributes to the regularity of bowel movements. Aloe vera juice improves glycaemic control and helps maintain a healthy blood sugar level, as well as stimulating insulin secretion.



Aloe vera juice helps maintain a healthy blood sugar level, facilitates digestion and contributes to the regularity of bowel movements.

KEY INGREDIENTS:

Aloe vera juice from concentrate (obtained from a concentrate of aloe vera leaf flesh and purified water). Acidity regulator: citric acid, preservatives: potassium sorbate, sodium benzoate.

KEY INGREDIENTS:

Content of the recommended intake (180 ml):

Aloe vera gel – 18.51 g*

** No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

60–180 ml daily. Can be consumed undiluted or mixed with water.

Do not exceed the recommended daily intake.



Ury

FOOD SUPPLEMENT • 120 capsules

Ury is an excellent product, rich in vitamins and minerals. It contains vitamins C, B1, B2, D and powdered herbs and minerals, such as magnesium and potassium. The key ingredients are the herbs. Common barberry stimulates the secretion of digestive fluids and increases appetite. Marsh-mallow has antibacterial properties and soothes the oral cavity and the throat. Field horsetail reinforces vascular walls and contributes to the remineralisation of the body. This product also contains dandelion root, which improves the well-being of the digestive tract due to its prebiotic effect, and helps maintain the physiological pH balance in the stomach. Ury is also a source of folic acid. Foliates facilitate haematopoiesis and the synthesis of amino acids. Hop flower contained in Ury alleviates symptoms of menopause, such as hot flushes, sweating, anxiety and irritability.

Schisandra supports the physiological cleansing processes.
Birch leaf facilitates digestion and detoxification.

INGREDIENTS:

cranberry fruit; capsule casing: gelatin; bulking agent: cellulose; magnesium; parsley; corn silks, Oregon grape roots and rhizomes; smooth hydrangea root; potassium citrate; marsh-mallow root; dandelion root; female ginseng root; hop flowers; field horsetail shoots and strobili; schisandra fruit; vitamin C; grapefruit bioflavonoids; round leaf buchu extract; emulsifier: magnesium salts of fatty acids; anti-caking agent: silicon dioxide; pantothenic acid; niacinamide; riboflavin, thiamine; folic acid; vitamin D

KEY INGREDIENTS:

Content of the recommended intake (3 capsules):

Vitamin C – 33.6 mg – 56% NRV*; Niacinamide – 11.4 mg – 63% NRV*; Pantothenic acid – 8.1 mg – 135% NRV*;

Vitamin B1 – 4.5 mg – 321% NRV*; Vitamin B2 – 4.5 mg – 281% NRV*; Folic acid – 51.9 µg – 26% NRV*

Vitamin D – 3 µg – 60% NRV*

*NRV – Nutrient Reference Value

** No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1 capsule 3 times daily with food

Do not exceed the recommended daily intake.

*Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.*

Turmeric rhizome extract aids fat digestion, supports immunity, is a powerful antioxidant, and also helps maintain mental balance. It's also a great support for maintaining healthy bones and joints.

Ginger rhizome contributes to blood vessel health, which in turn helps maintain a healthy heart. It is also a powerful antioxidant, supports the immune system, and contributes to physical well-being.

Piperine, which is black pepper fruit extract, acts as an ingredient that enhances the effectiveness of turmeric and ginger in our product.



Turmeric rhizome extract (*Curcuma longa*):

- Helps control inflammatory reactions in the body.
- Supports liver and bile duct function.
- Contributes to digestive comfort.
- Aids in the digestion of fats.
- Assists in maintaining mental balance.
- Prevents fat accumulation and facilitates its removal by the liver.
- Helps maintain joint and bone health.
- Helps maintain the efficiency of the immune system.
- It has significant antioxidant properties.
- Supports blood production and quality.
- Supports heart function.
- Helps maintain healthy lungs and upper respiratory tract.



Ginger rhizome powder (*Zingiber officinale*):

- Contributes to the body's natural defences—supports the immune system.
- Contributes to blood vessel health, which in turn helps maintain a healthy heart.
- Supports digestion—contributes to the proper functioning of the digestive tract.
- Contributes to physical well-being.
- Assists in controlling blood sugar levels.
- Helps maintain joint mobility.
- Contributes to increased vitality.
- It has stimulating and tonic properties that contribute to resistance to fatigue.
- Supports the normal functioning of the respiratory tract and maintains an optimal immune balance within it.
- Helps maintain immunity.
- It has significant antioxidant properties.



Black pepper fruit extract (*Piper nigrum*):

- In a multi-herb formula, it enhances the effectiveness of other herbal ingredients.

Turmeric Curcumin

DIET SUPPLEMENT • 60 capsules

Stunning in its colour, turmeric is taking the world by storm. This popular plant has been used in traditional Ayurvedic medicine for thousands of years. Its powerful antioxidants (curcuminoids) support the body's natural immune response. Placed in a single plant-based capsule, accompanied by ginger and piperine, it is one of our most versatile products.

WHY OUR CURCUMIN?

We receive our turmeric from an award-winning partner that is highly regarded for both botanical cultivation and supply chain transparency. The raw material is grown in Indian farmlands using good agricultural practices. As an ingredient, it has been recognized twice by the Nutrition Business Journal. It is also non-GMO and sustainably sourced. We always make sure it really is true!

KEY INGREDIENTS:

Turmeric extract	285 mg
– of which curcuminoids	260 mg
Ginger	236 mg

RECOMMENDED USAGE:

Take 1 capsule daily.

Do not exceed the recommended daily allowance! If you are taking medication, consult your doctor or pharmacist before consuming.

INGREDIENTS:

Turmeric (*Curcuma longa*) rhizome extract, ginger (*Zingiber officinale*) rhizome powder, rice concentrate, bulking agent (cellulose), black pepper (*Piper nigrum*) fruit extract, vegetable capsule [binding agent (hypromellose), water]..



Dietary supplements cannot be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.

Calcium Plus Vitamin D

FOOD SUPPLEMENT • 150 tablets



Calcium Plus Vitamin D is one of the most popular food supplements offered by Nature's Sunshine. In addition to calcium and vitamin D, the product also contains phosphorus and magnesium. Each of these ingredients improves bone and dental health. The main ingredient of the product is calcium, which – apart from having a beneficial effect on bones and teeth – supports the proper functioning of muscles and helps maintain healthy nerve conductivity. Vitamin D facilitates the absorption and utilisation of calcium and phosphorus. Phosphorus supports the proper functioning of cell membranes and helps maintain healthy energy metabolism. The product also contains magnesium, which improves muscle health and supports the nervous system.



Calcium, phosphorus and magnesium are crucial for bone and dental health.

Vitamin D helps maintain a healthy blood calcium level.

Magnesium and calcium have a beneficial effect on energy metabolism.

INGREDIENTS:

calcium (amino acid chelate, calcium citrate, calcium salts of orthophosphoric acid); phosphorus (calcium salts of orthophosphoric acid); magnesium (amino acid chelate, magnesium oxide), bulking agent: cellulose; anti-caking agent: magnesium salts of fatty acids; alfalfa; vitamin D (cholecalciferol)

KEY INGREDIENTS:

Content of the recommended intake (3 tablets):

Calcium – 750 mg – 94% NRV*; Phosphorus – 420 mg – 60% NRV*;
Magnesium – 375 mg – 100% NRV*; Vitamin D – 9 µg – 180% NRV*

*NRV – Nutrient Reference Value

* No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1 tablet 3 times daily with food.

Do not exceed the recommended daily intake.

Food supplements cannot be used as a replacement for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body.

Vitamin B Complex

FOOD SUPPLEMENT • 120 capsules



B vitamins are essential for our survival and participate in many fundamental life processes. The product was designed to support healthy energy metabolism and preserve normal psychological functions. Therefore, it takes advantage of the most popular properties of B vitamins, whose characteristics, however, are much more complex.

Vitamin B2 (riboflavin) supports the nervous system and helps maintain good eyesight. Vitamin B6 has a beneficial effect on the immune system. Niacin improves the condition of the skin.

It is clear that our daily diet should provide us with a sufficient amount of B vitamins. Supplementation appears to be an ideal solution. Vitamin B Complex also contains bioflavonoids from citrus fruits, as well as herbs, such as rosemary and turmeric.

INGREDIENTS:

nicotinamide, pantothenic acid, vitamin B6, riboflavin, thiamine, folic acid, D-biotin, vitamin B12, SynerPro concentrate [powdered broccoli flowers (*Brassica oleracea* var. *italica*), powdered cabbage leaf (*Brassica oleracea* var. *capitata*), powdered wild carrot root (*Daucus carota*), powdered beetroot (*Beta vulgaris*), powdered rosemary leaf (*Rosmarinus officinalis*), powdered tomato fruit (*Solanum lycopersicum*), powdered turmeric rhizome (*Curcuma longa*), powdered bioflavonoid extract from grapefruit, powdered bioflavonoid extract from hesperidin, powdered bioflavonoid extract from orange], anti-caking agents (calcium phosphates, microcrystalline cellulose, fatty acids, sodium carboxymethyl cellulose, magnesium salts of fatty acids).

KEY INGREDIENTS:

Content of the recommended intake (1 tablet):

Thiamine (B1) – 6 mg / 545% NRV*; Riboflavin (B2) – 6.8 mg – 486% NRV*; Niacin – 50 mg – 313% NRV**;

Vitamin B6 – 8 mg – 571% NRV**; Folic acid – 400 µg – 200% NRV*; Vitamin B12 – 24 µg – 960% NRV*;

Biotin – 300 µg – 600% NRV*; Pantothenic acid – 40 mg – 667% NRV*;

Grapefruit extract 1.25 mg – of which bioflavonoid extract 50 µg; Hesperidin extract 1.25 mg – of which bioflavonoid extract 310 µg;

Orange extract 1.25 mg – of which bioflavonoid extract 15 µg.

*NRV – Nutrient Reference Value

** No determined Nutrient Reference Values.

RECOMMENDED DAILY INTAKE:

1 tablet daily with food

Do not exceed the recommended daily intake.

*Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.*

24 essential vitamins and minerals

Become healthier every day

Basic nutrients are the starting point for good health. In order to achieve its peak performance, your body needs a variety of vitamins and minerals. Due to our contemporary fast-paced lifestyle, many people are suffering from nutritional deficiencies as a result of following diets based on processed foods. A typical contemporary diet does not include enough fruit and vegetables.

Vitamins and Minerals is an exclusive product made from nutritious, healthy plants. This unique formula delivers a complete set of vitamins and minerals. Our product is a patented blend of extracts from broccoli, wild carrot, beetroot, rosemary, tomato, turmeric, cabbage, grapefruit and bioflavonoids from oranges and hesperidin. Super Complex supplements the diet with 24 essential vitamins and minerals.

According to a nutritionist:

A comprehensive vitamin and mineral product is a good choice for everyone. It should be emphasised that vitamin and mineral supplements are not medications that are taken during an illness and subsequently discontinued. If we want to be healthy and enjoy a long life, we should take them continuously. As Dr. Wallis says: "Good supplements, vitamins and minerals are the best and cheapest insurance."

Let's not forget about vitamin S, i.e. sport. The key to a long life is a healthy diet, supplementation, and daily physical activity. Regular exercise not only improves the performance, fitness and functioning of virtually every system in our body. It also enhances the absorption of all nutrients by increasing the cells' sensitivity and accelerating cellular metabolism. As a result, all processes take place more efficiently and the risk of illness is reduced.

To ensure the proper functioning of our body every day, we need:

Macronutrients (e.g. proteins, fats, carbohydrates and fibre)

8 essential amino acids (e.g. tryptophan, methionine, isoleucine)

Essential Unsaturated Fatty Acids

Water-soluble vitamins (B vitamins, vitamin C)

Fat-soluble vitamins (A, D, E, K)

Micro-elements (e.g. iodine, iron, copper, zinc, selenium)

Macro-elements (e.g. magnesium, calcium, potassium)

Water

Super Complex

FOOD SUPPLEMENT • 60 tablets

INGREDIENTS:

calcium (calcium salts of orthophosphoric acid), binding agent (cellulose), vitamin C (L-ascorbic acid), magnesium (magnesium oxide), potassium bicarbonate, vitamin E (D-alpha-tocopherol), anti-caking agent (fatty acids), iron (iron(II) fumarate), D-biotin, phosphorus (calcium salts of orthophosphoric acid), niacin (nicotinic acid), selenium (sodium selenate), powdered broccoli florets, pantothenic acid (D-calcium pantothenate), zinc (zinc oxide), anti-caking agent (silicon dioxide), vitamin A (beta-carotene), copper (copper gluconate), anti-caking agent (magnesium salts of fatty acids) (component of the tablet's casing), manganese (manganese carbonate), powdered wild carrot root, powdered beetroot, powdered tomato, powdered turmeric (*Curcuma longa*) rhizome, powdered rosemary leaves, powdered cabbage leaves, chrome (chromium(III) potassium sulfate), vitamin D (ergocalciferol), folic acid (pteroylmonoglutamic acid), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), iodine (potassium iodide), molybdenum (ammonium molybdate), vitamin B1 (thiamine), hesperidin (extract), bioflavonoids (from grapefruit, orange), vitamin B12 (cyanocobalamin).

KEY INGREDIENTS:

Content of the recommended intake (2 tablets):

Calcium – 250 mg / 31% NRV*; Vitamin C – 180 mg / 225% NRV*;
Phosphorus – 180 mg / 26% NRV*; Magnesium – 100 mg / 27% NRV*;
Vitamin E – 44 mg / 367% NRV*; Niacin – 30 mg / 188% NRV*;
Pantothenic acid – 20 mg / 333% NRV*; Iron – 15 mg / 107% NRV*;
Zinc – 15 mg / 150% NRV*; Vitamin B6 – 4 mg / 286% NRV*;
Vitamin B2 – 3.4 mg / 243% NRV*; Vitamin B1 – 3 mg / 273% NRV*;
Vitamin A – 300 µg / 38% NRV*; Copper – 2 mg / 200% NRV*;
Manganese – 1 mg / 50% NRV*; Folic acid – 400 µg / 200% NRV*;
D-biotin – 300 µg / 600% NRV*; Iodine – 150 µg / 100% NRV*;
Chromium – 100 µg / 250% NRV*; Molybdenum – 74 µg / 148% NRV*;
Selenium – 50 µg / 91% NRV*; Vitamin B12 – 12 µg / 480% NRV*;
Vitamin D – 10 µg / 200% NRV*; Hesperidin – 2.5 mg**

*NRV – Nutrient Reference Value

**No determined Nutrient Reference Values



RECOMMENDED DAILY INTAKE:

1 tablet twice daily with food.

Do not exceed the recommended daily intake!

*Food supplements cannot be used as a replacement for a balanced diet.
A balanced diet and healthy lifestyle are important for the proper functioning of the body.*





**Not only
supplements**

Hand and body cream

177 ml



This all-natural lotion has been designed to be both a stand-alone hand and body lotion and a perfect base for blending, mixing and preparing Nature's Sunshine's essential oils for a wide range of aromatic applications.

It ensures effective moisturisation, does not leave a greasy residue and is quickly absorbed by the skin. It is an ideal fragrance-free base for essential oils. The product is safe for allergy sufferers and has been dermatologically tested.



INGREDIENTS:

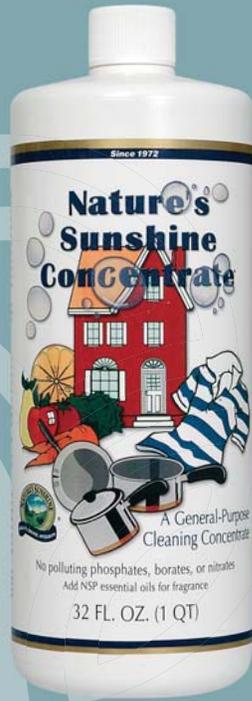
Water, glycerin, cetearyl alcohol, C13-15 ALKANE, caprylic and capric acid triglycerides, Helianthus annuus sunflower seed oil, pentylene glycol, glyceryl stearate, Olivoyl hydrolysed oat protein, hydroxyacetophenone, glyceryl oleate, benzyl alcohol, xanthan gum, cellulose gum, Aleurites Moluccana nut oil, macadamia oil (Macadamia ternifolia), olive oil, sodium phytate, sodium hyaluronate.

RECOMMENDED USE:

Relax. Apply a generous amount of lotion to your hands and body and massage thoroughly into skin.
For external use only.

Nature's Sunshine Concentrate

947 ml



A concentrated cleaning product that combats dirt, dust and all kinds of pollutants without harming the environment. It is perfectly safe for humans, animals and plants. Its biodegradable ingredients decompose easily, which makes this product very eco-friendly. It is 100% organic, biodegradable, non-toxic, non-irritating, non-magnetic and non-volatile. It does not contain contaminants, such as boranes, phosphates or nitrates.

Nature's Sunshine Concentrate is a versatile cleaning product. It can be used as a household cleaner, a personal hygiene product, a car cleaning agent, etc.

In the kitchen, it can be used as dish soap, perfect for cleaning tableware, pots or pans. It is recommended for washing fragile Chinese porcelain. It effectively cleans countertops, stoves, toasters and vacuum flasks. It can be used in dishwashers. It is also perfect for washing fruit and vegetables.

At home, it can be used for cleaning windows, mirrors, furniture, ceramic tiles, wallpaper and carpets. It prevents dust from settling on top of furniture, as well as protecting bathroom fittings and irons from hard water staining.



In the garden, it will help you clean tools, the swimming pool and your car's interior and body. It effectively removes dirt from pavements and walls. It is safe for lawns and plants.

Our concentrate makes cleaning easier. You can use it for pre-soaking, removing stains, pre-washing silk, soft wool, sweaters and other delicate fabrics in cool or cold water. It effectively removes dirt from collars and cuffs.

INGREDIENTS:

water, DELAIRE DL* (a mild, non-irritating fragrance), nonoxynol-9** (a non-ionic detergent), linear alkoxyated alcohols (surfactant).

* DELAIRE DL – a proprietary, patented compound

** nonoxynol-9 – biodegradable and safe for humans; gives the concentrate its antibacterial properties

Sunshine Brite Toothpaste

100 g



Carefully selected ingredients that will comprehensively take care of your oral health. Sunshine Brite contains well-known ingredients, commonly used in the manufacture of toothpaste, such as menthol, which perfectly refreshes the oral cavity, calcium carbonate, which polishes the surface of the teeth, sodium bicarbonate, which neutralises acidophilic bacteria, and silicon dioxide, which whitens the teeth without causing any damage to the enamel.

Sunshine Brite is unique due to its plant-based ingredients.

Abyssinian myrrh and elderberry fruit extracts help prevent oral inflammation.

Green tea extract protects against periodontal disease, has anti-caries properties and helps prevent unpleasant odours.

Goldenseal protects against gingivitis.



KEY INGREDIENTS:

Sunshine Brite contains goldenseal, Abyssinian myrrh and plant extracts from green tea, elderberry and maize for the maximum protection of your gums.

RECOMMENDED USE:

Brush your teeth at least twice daily after meals.

For the best results, keep the foamed toothpaste in your mouth for at least one minute and then rinse your mouth.

Remember to have regular dental check-ups.

Tei-fu - massage lotion

118,3 ml



The main ingredient of the Tei-fu lotion is *Gaultheria procumbens* (American wintergreen) – a plant native to eastern North America. American wintergreen is famous for its therapeutic properties. When applied to the skin, it has antispasmodic, anti-inflammatory, anti-rheumatic and analgesic effects. American wintergreen oil makes the Tei-fu lotion a perfect solution in case of muscle pain and spasms, rheumatic disorders and joint pain.

The Tei-fu lotion also contains menthol and camphor. Menthol is used as a strong fragrance and has a unique soothing effect on the mucous membranes. When inhaled, menthol brings an instant cool and fresh sensation. These properties make it an ideal remedy that supports the treatment of rhinitis and the cold, as well as alleviating muscle pain. When applied to the skin, camphor has a warming effect and its structure ensures fast and easy absorption.

Due to the combination of camphor and menthol, the Tei-fu lotion is a perfect warming and analgesic product.



KEY INGREDIENTS:

American wintergreen (*Gaultheria procumbens*), menthol, camphor

RECOMMENDED USE:

Massage the lotion into the skin around muscles and joints. Avoid contact with the eyes.
For external use only.

Silver Shield

118 ml



Silver Shield is a state-of-the-art silver product from NSP. It has strong bactericidal properties. The silver particles contained in this product are extremely fine and therefore incredibly effective. Silver Shield contains pure silver particles suspended in water. It is manufactured using a patented process that involves thorough inspections, aimed at ensuring the product's effectiveness and purity.

The concentration of silver in our product is 18 ppm*.



*PPM (parts per million) is a unit used to describe the concentration of solutions. 18 ppm means that one million particles of the solution contains 18 particles of silver.

INGREDIENTS:

Water, colloidal silver

RECOMMENDED USE:

Spread the liquid over the skin using a cotton pad.

A person with long blonde hair, wearing a light blue long-sleeved shirt, denim shorts, a straw hat, and a dark blue backpack with brown leather straps, stands on a grassy mountain peak. Their arms are outstretched to the sides, and they are looking out over a vast, hazy landscape of rolling green mountains under a bright blue sky with scattered white clouds. The overall tone of the image is bright and optimistic.

Stay healthy!
It's easy!

Gastrointestinal system



The digestive tract is responsible for the absorption of nutrients from food. Its harmonious functioning depends on the cooperation of many organs, also those that are not a part of the digestive system (oral cavity, oesophagus, stomach, duodenum, intestines, liver, pancreas). Gastrointestinal health is also influenced by blood supply, hormonal state, the functioning of the nervous system and even undisturbed water-electrolyte balance! All our organs are indirectly connected with one another. The digestive system is a gateway to the health of the entire body, which is able to repay it by providing positive stimuli and support. Digestive complaints may be the result of an unhealthy diet, but they can also indicate problems within other organs or even contribute to them.



THE MOST COMMON GASTROINTESTINAL DISEASES:

Ulcers of the stomach and duodenum affect many people. A damaged mucous membrane causes abdominal pain that responds to food intake (depending on the location of the ulcer, food may exacerbate or alleviate the pain). Since it can cause serious complications, e.g. perforation of the gastrointestinal wall or bleeding that is difficult to manage, this condition should not be ignored. The most common causes of ulcers are smoking, *Helicobacter pylori* infection and taking non-steroidal anti-inflammatory drugs (this group includes the majority of popular painkillers).

Haemorrhoids are vascular structures in the anal canal. They become a problem, if they are often inflamed. This condition can affect as much as half of the world's population. Prolapsed and damaged haemorrhoids often lead to bleeding. The most common causes include sedentary lifestyle (but also working in a standing position or under physically demanding conditions), a diet that leads to constipation (e.g. a fibre-poor diet), excessive alcohol consumption, insufficient hydration during the day, as well as chronic heart or liver conditions.

Inflammatory bowel diseases (e.g. Crohn's disease) are conditions that cause recurring acute digestive symptoms. The causes of these diseases are unknown. It is very important to follow a special diet that is completely different from a typical healthy diet, designed to support the cardiovascular system and ensure longevity. People suffering from these diseases should be continuously supervised by experienced nutritionists.

7 steps towards gastrointestinal health

PHYSICAL ACTIVITY

Regular exercise stimulates intestinal motility and has a profound impact on the regularity of bowel movements. Taking a brisk 30-minute walk every day can help your digestive system!

SLIMMER MEANS HEALTHIER

The gastrointestinal tract of slim people functions better – maybe it's because they're slim? Whether this is true or not, everyone who experiences digestive problems should consider losing excess weight.

TAKE CARE OF YOUR LIVER

The liver is responsible for the production of virtually all crucial proteins and the metabolism of fats and sugars. It is also the principal organ that participates in the detoxification of the body. Powerful, natural allies of the liver include turmeric, garlic, rosemary and artichoke leaf.

MORE FIBRE AND MORE WATER

You should drink at least 2 litres of water every day. Your diet should also provide at least 25 g of fibre. Remember that fibre supplements should be taken with lots of water!

CHEW YOUR FOOD THOROUGHLY AND TAKE CARE OF YOUR ORAL HYGIENE

Every bite matters! Food must be mixed with saliva and carefully ground. Don't forget about oral hygiene. The bacteria that accumulate in the oral cavity can not only damage the enamel and lead to caries, but also cause chronic inflammation that results in the disorders of distant organs (e.g. the cardiovascular system!).

DON'T FORGET ABOUT VITAMINS AND MINERALS

Choosing the optimal diet on your own can be difficult. The daily diet should be consistent with the recommended food pyramid. If you decide to take supplements, particularly those consisting of plant extracts, make sure to choose only the highest-quality products.

CRUCIAL MICROBIAL FLORA

A diet rich in harmful by-products of frying, trans fats and excessive amounts of meat exposes our intestines to bacteria that is very different from those we have coexisted with for tens, and even hundreds, of thousands of years. This condition is called dysbiosis – a microbial imbalance in the intestines that affects virtually every organ and tissue, not only the digestive system. The good news is that supplementing the intestinal flora with probiotics, i.e. physiological, beneficial bacteria, can restore a healthy composition to it. Changing your dietary habits is the first step towards perfect health and longevity.

Select the appropriate supplements



To support the digestive system, we recommend:

- Bacillus Coagulans • Pro B11 • Bifidophilus Flora Force • Liver Health Formula
 - Bowel Build • Carbo Grabbers • Cholester-Reg • Loclo • Fat Grabber
 - Capsicum & Garlic with Parsley • SmartMeal • Aloe Vera Juice • Ury

A young man and woman are jogging together in a park. The woman is on the left, wearing a light grey tank top and grey shorts, with her hair in a ponytail. The man is on the right, wearing an orange t-shirt and black shorts. They are both smiling and looking towards each other. The background is a lush green field with trees, and the scene is bathed in the warm, golden light of a sunset or sunrise.

Energy and metabolism

Metabolism is the sequence of processes that occur in our body, resulting in the acquisition, storage and use of energy from the ingested food. Metabolism keeps the cells alive and allows the proper functioning of the body. It also has a huge impact on our weight.



“SLOW METABOLISM”

Everyone has heard of fast and slow metabolisms. We know that people with a fast metabolism can maintain a healthy body weight more effortlessly and do not have to count every calorie they eat. People with a so-called slow metabolism gain weight very easily and have to carefully analyse each meal. Of course, everyone would prefer to have a fast metabolism. However, in order to accelerate it, we have to commit to long-term lifestyle changes and focus on appropriate diet and exercise.

How can you accelerate your metabolism?

Physical exercise is key, provided that we do it correctly. The best type of activity that helps speed up the metabolism is so-called interval training. It involves exercising at a varied pace (e.g. 2 minutes of slow jogging, followed by a 30-second sprint).

Naturally, a proper diet is important as well. The most crucial meal is breakfast. Of course, it is important that breakfast is your first meal of the day, but timing is of the essence here. Nutritionists agree that in order to accelerate the metabolism, we should have breakfast within the first hour after waking up.

An adequate supply of vitamins and minerals. Calcium, phosphorus, magnesium, zinc, iodine and B vitamins are particularly important for a healthy metabolism.

Another factor that influences the metabolism is muscle mass. Since muscles consume more energy than adipose tissue, more muscles equate to a faster metabolism.

Select the appropriate supplements



In the category of energy and metabolism, we recommend:

- Bowel Build • Zinc ALT • Kelp • Coenzyme Q10 Plus • Magnesium
- SmartMeal • Solstic Energy • Vitamin B Complex
- Calcium Plus Vitamin D • Vitamin C with bioflavonoids • Super Complex

A close-up photograph of a person's hands holding a bright red, realistic-looking heart. The person is wearing a black tank top. The background is a soft, out-of-focus warm tone. The text 'Cardiovascular system' is overlaid in white, bold, serif font across the heart.

Cardiovascular system

It would be very difficult to decide which of the body systems is the most important. However, if we had to choose, the cardiovascular system would be the obvious candidate, primarily due to its size and importance for our health. The cardiovascular system is responsible for transporting blood, which contains nutrients, hormones and, of course, oxygen. This mechanism, consisting of blood vessels (arteries, capillaries, veins) and the heart, is particularly sensitive to our lifestyle and the only appropriate way of keeping it in good shape is through a healthy diet and physical activity. Cardiovascular conditions are usually caused by poor dietary habits and a sedentary lifestyle.

THE MOST COMMON CARDIOVASCULAR DISEASES

Hypertension is a disease characterised by elevated blood pressure in the arteries. Human arteries, heart, brain, kidneys and other organs function most efficiently when the blood pressure does not exceed 120/80 mmHg. Elevated blood pressure slowly but steadily destroys the arterial walls, accelerating the development of atherosclerosis which gradually blocks the openings of the vessels. Less effective blood supply means lower performance. Under elevated pressure, the heart has to work harder to effectively pump blood. Therefore, hypertension increases the risk of myocardial hypertrophy, infarction and heart failure.



Atherosclerosis

The arteries, which transport blood throughout the body, are lined with a delicate layer called endothelium. Blood is equipped with an automatic system that prevents it from flowing out if the vessel is perforated – this is the ability to coagulate. Endothelium prevents the blood from clotting and keeps it in liquid form (but only inside the vessels!). In people suffering from atherosclerosis, deposits of various substances, such as cholesterol and calcium, accumulate under the endothelium. Over the years, those deposits become so large and extensive that they start to pose a considerable threat. Their rupture can cause thrombosis in the opening of the artery and subsequently – myocardial infarction.

Cardiac arrhythmia

The heart is equipped with a specialised system that generates and conducts electrical signals. This allows the heart to beat automatically and without our voluntary control. Furthermore, this system distributes the electrical signals in a way that ensures a synchronised movement of individual parts of the heart: first the atria contract and then the ventricles. There is also time for diastole, i.e. relaxation and dilation. Cardiac arrhythmia can be mild or lead to serious complications associated with abnormal blood flow to the brain and other organs. An irregular heartbeat can result in acute cerebral ischemia and syncope, and in extreme cases – even cardiac arrest.

5 steps towards cardiovascular health

FRUIT AND VEGETABLES

Eating at least 5 servings of fruit and vegetables per day is essential for cardiovascular health. This includes raw or steamed red, green, yellow and blue fruit and vegetables, full of fibre, vitamins and minerals.

PHYSICAL ACTIVITY

The heart loves physical activity. Try to imagine that the heart simply likes to beat faster, i.e. to exercise. The more it exercises, the healthier it gets. The activities that are particularly beneficial for the heart include walking, jogging, cycling, swimming, dancing and skiing. People suffering from hypertension and at risk of atherosclerosis should definitely consider taking up one of these sports.

FOOD WITHOUT UNHEALTHY, FRIED FATS

Fats considered to be “healthy”, or health-promoting, such as olive oil, undergo various transformations under the influence of high temperatures (including oxidation). This results in the formation of harmful compounds that damage the heart and increase the risk of cancer. Animal-based fats or palm oil are stable in this respect, because they contain large amounts of saturated fatty acids, which have been proven to cause heart disease, irrespective of whether they are consumed cold or hot. Eating fried fats, even in fish, increases the risk of hypertension, heart failure, myocardial infarction, diabetes and obesity.

ACTIVE REST, SLEEP, RELAXATION

Oxygen, good sleep, relaxation – this is the cornerstone of the fight against stress and something you can never overdose on. Numerous studies have demonstrated that short sleep periods, below 5–6 hours, are associated with coronary artery disease, myocardial infarction, hypertension, development of inflammation and increased activity of the sympathetic nervous system (which needs to be blocked during treatment of heart disease!). However, the opposite end of the spectrum, i.e. sleeping for too long, can also have negative effect. An eight-hour sleep is considered optimal for maintaining good health.

SLIM, SLENDER FIGURE

Being overweight or obese are not the heart’s favourite things. Losing as little as 5–10 percent of body weight can already significantly reduce the risk of heart disease! Metabolic syndrome is a combination of obesity, hypertension, diabetes and lipid disorders (high cholesterol levels). It increases the risk of myocardial infarction and stroke so significantly that this condition used to be called “the crossroads of death”.

Select the appropriate supplements



To support the digestive system, we recommend:

- Cholester-Reg • Garlic • Gotu Kola • Coenzyme Q10 Plus
- Lecithin • Olive Leaf - Extract • Super Omega-3 EPA • Zambroza

Respiratory system



Oxygen is a substance without which we can't survive for more than a few minutes. Longer oxygen deprivation can result in irreversible changes in the brain and even death. We breathe in oxygen and the healthy gas exchange in our body is the responsibility of the respiratory system. It allows us to breathe in oxygen and breathe out harmful carbon dioxide, but this is not the only function of this system. The airways are one of the first obstacles faced by the contaminants that try to enter our body. Unfortunately, we live in an era of heavily polluted air; as a result, our respiratory system is more at risk of infection and disease than ever before.

THE MOST COMMON RESPIRATORY DISEASES

Inflammation, infections. The deeper the bacteria or viruses attack, the more serious the condition. Pharyngitis is relatively harmless; tracheitis or bronchitis can cause slightly more discomfort. The most severe condition is pneumonia, where the infection spreads to the alveoli – the element responsible for gas exchange. Pneumonia is particularly dangerous for older people and absolutely requires medical supervision.

In people suffering from asthma, allergies (e.g. to pollen, animal dander or mites) lead to the inflammation of the bronchi. They become hypersensitive and can react with a strong, persistent contraction. The bronchoconstriction can prevent airflow and cut off oxygen supply. Asthma sufferers should avoid allergens and control the inflammatory reaction in the bronchi. During an acute asthma attack, the patient requires medication that relieves the bronchoconstriction – every asthma sufferer should always carry an inhaler containing the medication with them!

Chronic obstructive pulmonary disease (COPD) is a condition that affects mainly chain smokers. The alveolar damage that builds up over the years finally breaks down the microstructure of the lungs, reduces their surface area and impairs the gas exchange. The result is an insufficient supply of oxygen, communicated by the brain as continuous shortness of breath. This feeling is one of the most difficult sensations to manage, more difficult than pain. As the disease continues to progress, the shortness of breath intensifies. The treatment of COPD is much more complicated than the prevention – all you have to do is immediately quit smoking!

Shortness of breath. Although we associate it with the respiratory system and interpret it as a direct result of oxygen deprivation, it can be caused numerous factors other than respiratory conditions. Any disease that inhibits the supply of oxygen can cause shortness of breath. Cardiac or renal failure can flood the lungs with water; anaemia decreases the level of haemoglobin (which is absolutely necessary for oxygen transport). These diseases can also cause shortness of breath!



Take care of your respiratory health every day

- Quit smoking immediately. It is the cause of 90% of fatal cases of lung cancer.
- Don't walk near traffic-heavy streets to avoid breathing in exhaust gas.
- Breathe in through your nose, which filters and humidifies the air, and breathe out through your mouth.
- Take care of the rooms you spend your time in. Eliminate dust, keep the rooms properly humidified and try to ventilate them frequently to increase the amount of oxygen.
- If you suffer from allergies, try to avoid the allergens.

Select the appropriate supplements



To support the respiratory system, we recommend:

- Zinc ALT • Olive Leaf - Extract • Ury

Urinary tract



The main role of the urinary system is to remove toxins and metabolic waste products from the body, and to maintain a healthy water-electrolyte balance. The system consists of the kidneys, ureters, bladder and urethra. Since the diseases of the urinary tract may produce no symptoms for a long time, you should have a general urinalysis performed approximately once per year and monitor the proper functioning of the system yourself. Urinalysis is a very valuable tool that may help assess the condition of the entire body. Alarming symptoms include any urine colour other than straw-yellow, too little (400–500 ml per day) or too much (more than 3 litres) urine, as well as the frequency of urination – both too many and too few trips to the toilet are cause for concern.

THE MOST COMMON DISEASES OF THE URINARY SYSTEM

Cystitis and urinary tract inflammation are more common in women, who are simply more susceptible to infection. These problems affect mainly those women who are very sexually active, pregnant or post-menopausal. The symptoms include pain and urinary urgency, which results in frequent trips to the toilet.

Urolithiasis, on the other hand, is a condition that usually affects men aged 30–50. It is one of the most common diseases of the urinary system (it affects 2% of the population). In patients suffering from urolithiasis, deposits called kidney stones accumulate in the kidneys. Urolithiasis is asymptomatic until one of the deposits detaches, most often causing excruciating pain referred to as renal colic.

Chronic renal disease is a condition that is fairly common among people aged 65 and over. It consists in the permanent impairment of kidney function, resulting from structural abnormalities or damage. The disease progresses over time; patients may eventually require dialysis or even a kidney transplant.

Urinary incontinence is another problem that affects women, especially those aged 45 and over. The most common cause of this condition is the decreased tension of pelvic floor muscles caused by hormonal changes.

Take care of your urinary system every day

- Drink a lot of water. Increased water intake results in more frequent urination.
- Urinate regularly, do not hold in urine for a long time.
- Maintain good hygiene of your genital area. Many urinary tract diseases originate from bacterial infections.
- Avoid infections. Infections other than urinary tract infections can cause renal disease as well!
- Do regular pelvic floor exercises. Popular “sit-ups” are also beneficial for the urinary tract.



Select the appropriate supplements



To support the urinary tract, we recommend:

- Loclo • Ury

Endocrine system



Control, control, control. Our body is equipped with numerous control systems, both at the cellular and organ level. The nervous system ensures relatively quick control and reactions, but a significant part of supervising the body's functioning is provided by the endocrine system. It consists of glands that secrete special substances into the bloodstream. Those substances can influence the functioning of even quite distant organs. Thyroxine (T4) and triiodothyronine (T3) allow the thyroid gland to control the metabolism and energy production. The adrenal glands secrete stress hormones, i.e. adrenaline and noradrenaline, which regulate the functioning of the muscles, blood vessels and bronchi, as well as steroid hormones, which control inflammation and the water-electrolyte balance. Sex hormones are responsible for the onset of puberty and the ability to procreate. The growth hormone is secreted by the pituitary gland, which is located in the brain and controls all other glands. All hormones circulate in the body and ensure the balance of metabolic and energy-related processes, as well as the growth and development of both individual cells and entire organs.

SELECTED DISEASES OF THE ENDOCRINE SYSTEM

Diabetes. We often forget that insulin is a hormone. It is secreted by the pancreas in response to changes in blood sugar concentration. Sugar is like petrol – it is an excellent source of energy, but an excessive amount of it can prove dangerous. While it is not explosive like real petrol, without insulin sugar cannot enter the cells, damaging nerves and blood vessels. Year after year, it destroys virtually every part of the body, from head to toe (through the kidneys and the heart which are particularly severely affected by diabetes). Type 2 diabetes is a classic example of a lifestyle disease caused by a long-term unhealthy diet, poor in fruit and vegetables and rich in harmful fats and excess calories.

Hypothyroidism.

It is a condition where the thyroid gland does not secrete a sufficient amount of hormones. It can result from the immune system attacking the body (causing Hashimoto's disease), or too much or too little iodine in the diet. This condition usually does not cause any pain and sometimes after undergoing routine tests, we can accidentally find out that chronic fatigue, feeling cold, constipation, dry skin, damaged hair, oedema, hoarseness and bad moods are caused by decreased levels of thyroid hormones. As you can see, these hormones influence the functioning of many organs, so their deficiency can affect the health of the entire body!

Polycystic ovary syndrome (PCOS). Recently, this has been more and more frequently discussed in the media due to increasing awareness of fertility problems. In a healthy ovary, an ovum is released from a follicle once per month. Ovaries of the women suffering from PCOS contain numerous cysts (hence the name of the condition), which can be examined during an ultrasound scan. In addition, the level of male sex hormones increases, causing irregular menstrual periods and reducing the chance of getting pregnant. Other problems include acne, increased lipid levels, hair growth in the areas where it is usually not found in women, and finally obesity, which is likely the cause of this disease. A very important part of PCOS management is weight loss and diet optimisation, along with other treatment methods!

Take care of your endocrine system every day

Lose weight. Stop eating the Western pattern diet, avoid hamburgers, pizza, fatty pasta, fried dishes and if you eat meat, do it only on special occasions. Eat a lot of fresh fish, include plenty of vegetables and fruit, and snack on nuts at least once per week. Make sure that your diet provides a sufficient amount of omega-3 acids, selenium, iodine and other micro-elements and vitamins.

Exercise for 30 minutes every day, even if you have to divide it into six 5-minute sessions!
Consult your doctor if you suspect you might be sick or if you feel very fatigued. Unexplained fatigue is a common symptom of many conditions (including hormonal disorders), so it is a good idea to get examined and rule them out instead of living without energy and waiting for a miracle.



Select the appropriate supplements



To support the endocrine system, we recommend:

- Red clover
- Kelp
- Alfalfa
- Aloe Vera Juice

Musculoskeletal system

A woman with long blonde hair in a ponytail, wearing a teal jacket, black leggings, and teal running shoes, is captured in a dynamic running pose on a rocky mountain trail. The background features rolling green hills under a bright blue sky with wispy clouds. The overall scene conveys a sense of outdoor fitness and athletic performance.

The beauty of the human body and its detailed structure have fascinated artists since time immemorial. The nervous system ensures motor coordination, but it is the muscles, tendons, fascia, joints and bones that create the biological machinery that allows us to smoothly perform even the most complex activities, such as playing instruments, doing arts and crafts or playing sports as professional athletes.



SELECTED MUSCULOSKELETAL DISORDERS

Osteoarthritis, rheumatoid arthritis. In rheumatic diseases, the most common problem is the progressive destruction of articular cartilage. The cartilage cushions every load the body is subjected to and the synovial fluid that surrounds it acts as a lubricant. Inflammation destroys cartilage and the bone located in its immediate vicinity. This reduces articular mobility and causes pain. In addition to pain relief, contemporary treatment focuses on the alleviation of the inflammation that damages the joints.

Osteoporosis affects between ten and twenty percent of post-menopausal women and many more are at risk. Men are not safe in this regard either. This condition is characterised by decreased bone density; as a result, the perfect, sturdy structure is replaced by something more akin to a sponge. In other words, there is “too little bone” in the bone. The biggest problem is not the osteoporosis itself, but the fractures that, due to the bones’ fragility, occur in situations that usually result in mere scratches and bruises, such as falls. The condition of our bones is the result of the decisions we make throughout our lives – a diet lacking in calcium, vitamin D and protein is the most important element that we can and should change in order to improve our bone health, even at an advanced age.

Herniated spinal discs.

Cartilage cushions the load placed on the joints of the limbs; a similar function is performed by the intervertebral disc, located between adjacent vertebrae. It is made of connective tissue, with a dense sphere in the middle (the so-called nucleus pulposus), which springs and distributes heavy axial loads applied to the spine to the sides. Sometimes this sphere slips sideways and falls into the canal from which the spinal nerves emerge. Since the canal is too narrow to accommodate both of those structures, the nerve becomes compressed, which is interpreted by the brain as excruciating pain. The treatment usually involves lying down in a position that reduces the pressure on the nerve and waiting for the body to eliminate the displaced nucleus pulposus by itself. In some cases, surgery is necessary.

Take care of your musculoskeletal system

DIET

Vitamin C is essential for the synthesis of collagen. Calcium and vitamin D are essential for bone health. Follow a healthy diet to ensure an adequate supply of those building blocks! The immune system has a very complicated relationship with the joints and we are not really sure what upsets the delicate balance between the protection of those structures and the attack on them. The Western pattern diet is full of substances that exhibit pro-inflammatory properties, i.e. activate the immune system. The first step is to eliminate all unhealthy, greasy, fried and highly processed products from the diet. The second step is to replace them with fresh fruit and vegetables.

PHYSICAL ACTIVITY

When you exercise, remember to stretch in order to avoid injuries. Don't play the hero if you feel pain. Pain is an alarm bell and if it recurs, you should be examined by an experienced professional. A physiotherapist will help you eliminate the cause of the pain, especially if it results from poor technique. Before you take up any sport professionally, make sure that you know how to exercise and position your body in an optimal way. Too little attention paid to ergonomics is usually very detrimental and can cause serious injuries as early as the first few training sessions. Very few cyclists have bikes that fit their height, body proportions and the type of training. Choosing the right bike is often enough to prevent back pain! Exercise in a harmonious way. If you focus only on one activity, other parts of the body will feel the lack of exercise. If you experience pain in the sacral vertebrae, try to strengthen your spinal muscles. One of the best types of activity recommended in this case is regular backstroke swimming.

CAUTION

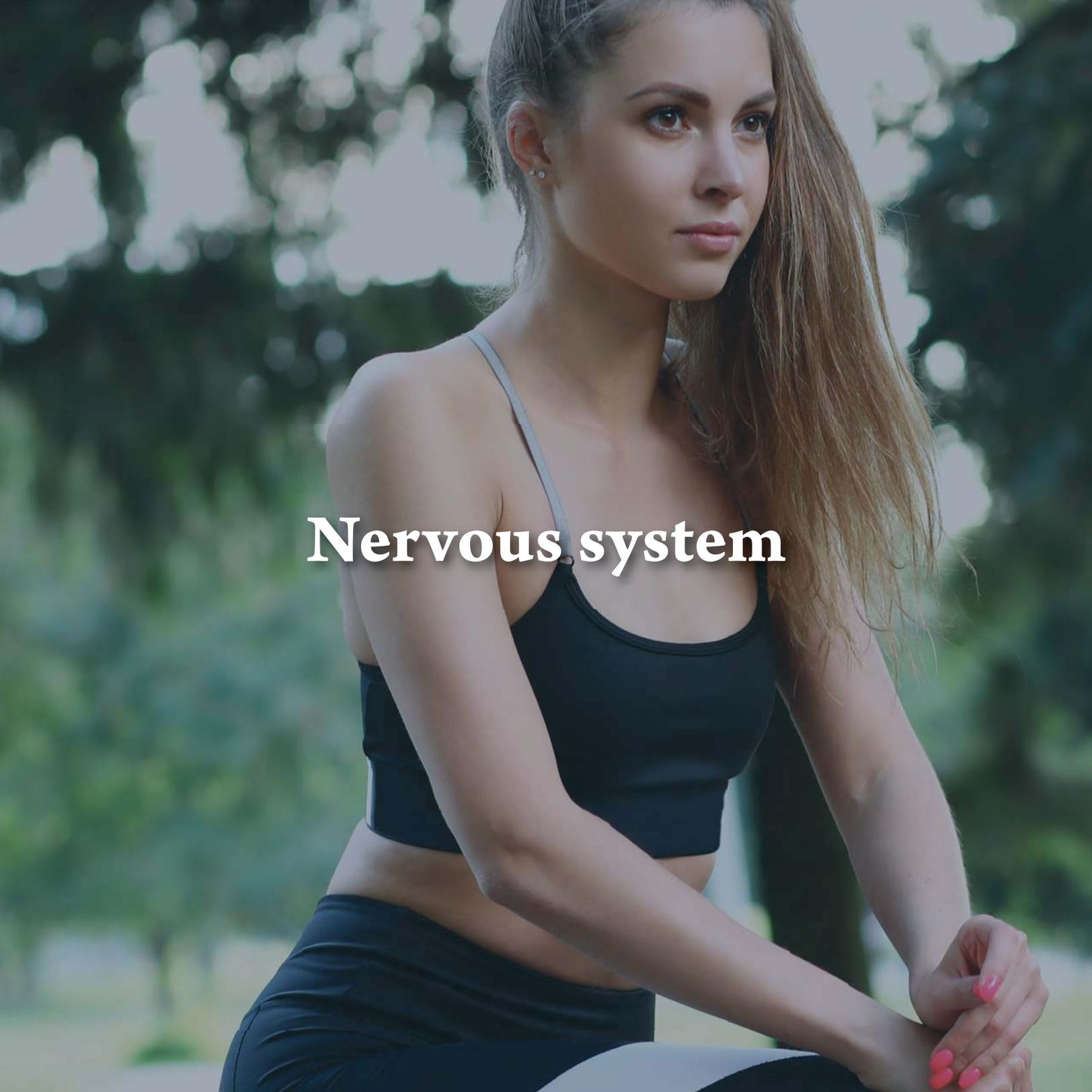
Learn how to safely lift heavy objects. Squat down before you lift the object. Do not bend forward! This is a very common cause of herniated spinal discs! Keep your blood pressure in check and pay special attention to any changes in your medication regimen. One of the common causes of falls is taking an excessive dose of medication used to treat high blood pressure. If you can hear buzzing in your ears or experience tunnel vision while getting out of bed or a chair, sit or lie down and wait until your heart rate normalises after you change position. It is better to wait than to lose consciousness, and fall and break a bone such as the hip!

Select the appropriate supplements



To support the musculoskeletal system, we recommend:

- Collagen • Chondroitin • Zinc ALT • Red clover
- EverFlex • Grape with Protectors • MSM – Methylsulfonylmethane
- Calcium Plus Vitamin D • Vitamin C with bioflavonoids • Super Complex



Nervous system

The nervous system allows us to receive stimuli from the environment and respond to them. But there is more. It is the source of thoughts, memory, cognition and communication. But there is still more! The nervous system regulates the functioning of many organs by maintaining a balance between sympathetic and parasympathetic neurons. We consciously control some parts of the nervous system; for instance, we can order our fingers to bend. However, many of this system's elements work independently. Here, the nature of our control is different – what we eat, what we think, how we behave and even who we surround ourselves with can support or damage our nerves.

SELECTED NEUROLOGICAL DISORDERS

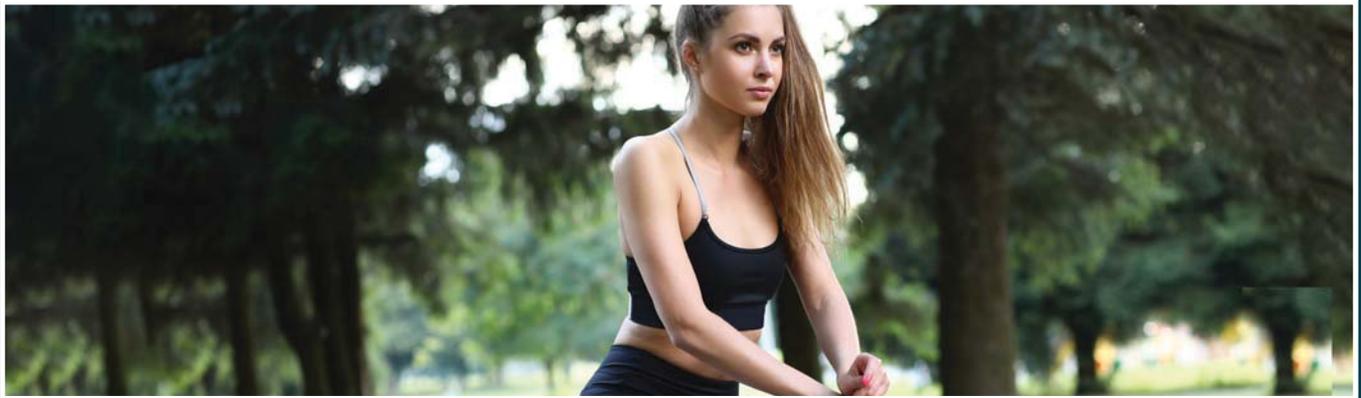
Depression. When our mood deteriorates, we like to complain, but sometimes it is so bad that we don't even feel like talking. A person suffering from depression can become so overwhelmed by their low mood that they won't be able to get up, eat or sleep. They will stay motionless and ponder over the worst things: death, diseases, the evil in the world and in themselves. In extreme cases, they may commit suicide. Depression is curable, but it always requires the patient to seek professional help. Insensitive remarks, such as “Pull yourself together!” or “Snap out of it!” definitely won't help; they are often a sign of both good intentions and the helplessness of the patient's friends and family.

Stroke. In a nutshell, stroke is equivalent to a heart attack that occurs in the brain. As a result, the affected part of the brain loses its function. If the damaged region is responsible for smiling, movement or speech, the patient will experience a one-sided mouth droop, limb paralysis or slurred speech, respectively. Strokes most often occur in people who have not taken good care of their blood vessels and heart throughout their lives. The heart is not the only organ affected by atherosclerosis – blood does not magically appear in the brain by itself. Remember that whatever is beneficial for the heart will also be beneficial for the cerebral blood vessels, protecting you against stroke. Exercise every day, eat fruit and vegetables, quit smoking, learn how to manage stress. Start today. Don't wait until you're older. Because it might be too late.

Dementia. In some patients, dementia is the consequence of Alzheimer's disease. In others, it results from long-term atherosclerosis (so-called vascular dementia). We know quite a lot about what happens in the nervous system of patients with dementia caused by Alzheimer's disease: harmful proteins (including amyloid beta, which destroys the neurons responsible for memory) are deposited in the brain. However, we don't know why it happens. Can dementia be prevented? Absolutely. The best ways include continuous learning, also in retirement, solving puzzles and crosswords, as well as following a diet rich in vegetables and fruit that provide antioxidants and anti-inflammatory substances instead of pro-inflammatory agents.

Migraine. Headaches can immobilise us and prevent us from performing any activities. Migraines often involve throbbing pain on one side of the head, accompanied by nausea, vomiting, hypersensitivity to light or sound. These episodes can last for hours or even days. Migraine can sometimes be preceded by a so-called aura, i.e. strange glows, flashes, sounds or even music. While contemporary medicine can effectively interrupt a migraine episode with the use of medication, preventing them presents a much greater challenge. Following a diet rich in vitamins beneficial for the nervous system or regular consumption of ginger can prove helpful. If you suffer from migraines, try to avoid artificial flavour and aroma enhancers, particularly aspartame and monosodium glutamate. Episodes can also be triggered by long-aged cheeses, salty snacks, wine, caffeinated drinks and, quite surprisingly, by an unexpectedly skipped meal or fasting.

Take care of your nervous system



- Learn how to manage stress. If you think this is difficult or impossible, sign up for a stress management course.
- Exercise regularly – practice any type of physical activity that you enjoy as often as you can.
- Don't blame yourself and don't blame others.
- Let kindness and love guide you through your life, even if you consider others to be your enemies.
- Surround yourself with happy, optimistic people.
- Quit smoking and drink alcohol only on special occasions.
- Eat a lot of fresh fish, rich in omega-3 fatty acids.
- Ensure an adequate supply of antioxidants in your diet.
- Sleep for 7–8 hours each night. Improve the quality of your sleep and don't work too much.
- Take care of your loved ones – they are the only ones you can count on in times of need.

Select the appropriate supplements



To support the nervous system, we recommend:

- Vitamin B Complex • Gotu Kola • Grapine with Protectors
- Hops & Valerian with Passionflower • Coenzyme Q10 Plus
- Lecithin • Magnesium • Solstic Energy • Super Omega-3 EPA
- Calcium Plus Vitamin D • Super Complex

Immune system

A couple is seen from behind, standing on a rocky mountain peak. The man on the right has his arm around the woman on the left. Both are wearing backpacks. The background features a vast mountain range with patches of snow under a hazy sky. The text 'Immune system' is overlaid in the center of the image.

A healthy immune system is a must if we want to avoid seasonal illnesses, such as the flu or colds. We are particularly vulnerable in autumn and winter. As autumn begins, our body starts to be attacked by a huge number of viruses and bacteria, and due to the autumn blues, we are not as immune to them as we are, for instance, in the summer. Why are we more vulnerable in autumn and winter? This phenomenon has not yet been explained, but there are many theories about it. As the days grow shorter, we receive less and less sunshine; this has a negative effect on the production of vitamin D. Maybe this is the cause of decreased immunity?

The second hypothesis says that when it is cold and dark, we spend more time indoors, with locked windows and poor ventilation, breathing in the air exhaled by other household members. Another theory sees a link between the flu and the decreased air humidity in winter. Humid air supposedly binds the virus in water droplets, which subsequently fall to the ground instead of being drawn into the lungs. Perhaps the virus does not survive as long in water as it does in dry air? Since respiratory diseases spread through aerosol droplets, we breathe them in when someone in the same room is sick (they don't necessarily have to cough; viruses can be expelled even during normal breathing). During flu season, we are exposed to viruses on public transport, at work, at school, in barracks – in other words, wherever we meet large groups of people.



Either way, it is always better to prevent than treat. We often use home remedies to combat infections when we are already sick. We forget that the fight against microorganisms starts much earlier and that it is much more effective to follow a healthy diet – rich in antimicrobial substances – every day throughout autumn and winter. It is better to protect ourselves every day than to frantically try to overcome a condition that could have been prevented.

6 steps towards better immunity

Get a good night's sleep

Sleep is crucial in the fight against stress and inflammation. Go to bed early, if you have to get up at the crack of dawn.

Be active

A daily 30-minute walk boosts immunity and improves the quality of sleep.

Learn how to manage stress

Stress increases the amount of hormones that have a negative effect on immunity. Go outside, breathe fresh air, move around, meet with friends, give yourself as much free time as possible and stop looking for too many things to do.

Humidify the room

Humidity greater than 40% is essential for healthy airways. Not only does dry air destroy the epithelium in the bronchi – it also facilitates the spread of viruses.

Follow a healthy diet

People who live in our cool climate like to reach for stodgy food (fried chops, fatty soups, sausages, pork shank, bigos [hunter's stew], plenty of butter and cream), but don't give in to this temptation. Fruit and vegetables should be the cornerstone of a healthy diet, also in winter (and potatoes do not count either!). Choose colourful fruit – the right amount of vitamin C provided with food is particularly important in autumn and winter.

Select the appropriate supplements



To support the immune system, we recommend:

- Vitamin B Complex • Garlic • Immune Formula Olive Leaf - Extract • Zinc ALT
- Cayenne Pepper, Garlic, Parsley • Vitamin C with bioflavonoids
- Vitamin D3 • Zambroza • Grapina with Protectors

A woman with blonde hair, wearing a white long-sleeved blouse and white trousers, stands in a vast field of purple lavender. She is holding a wide-brimmed straw hat in her left hand and has her right hand reaching towards the flowers. The scene is bathed in bright sunlight, creating strong shadows on the ground.

Authentic Essential Oils

Authentic essential oils are probably the most precious gift from the plant kingdom. For centuries, these extraordinary substances have been valued for their flavour and smell, but also for their excellent healing properties. Experts know that oils delivered in their original, unmodified, and thus authentic form can change your life by positively influencing your body and mind. Essential oils cleanse, rejuvenate, relax and protect.

When Nature's Sunshine launched its essential oils over 15 years ago, we discovered that many essential oils available on the market were modified, standardised and enhanced in order to improve their flavour and smell or to achieve greater economic benefits.

The wellness market was flooded with new essential oils sold by other companies. Each manufacturer advertises their product as being of a unique “class” or “grade”, e.g. “A”, “therapeutic”, “clinical”, “medicinal” or even “certified”. In fact, however, the class of the essential oil does not guarantee its authenticity. “Classes” are invented by companies that sell essential oils. Many manufacturers of essential oils source their products from intermediaries that offer flavour- and taste-enhancing raw materials and even chemical additives. They do not supervise the entire supply chain. In order to achieve short-term benefits, they give up key relationships with crop growers and distillers.

Since it was established over 45 years ago, Nature's Sunshine has been building strong relationship based on trust and developing reliable practices that guarantee consistent quality throughout the entire product life cycle. Our essential oils have a unique guarantee of origin.

Our promise

Sure-Source – the proprietary guarantee of origin – allows Nature's Sunshine to offer essential oil lovers a whole new level of confidence as to the purity of our products. The Sure-Source system guarantees that the product is authentic. Within this system, key documents – “certificates” – are produced. They serve as material evidence for the product’s authentic origin.

All of this allows you to have complete confidence that each drop of the essential oil will have exactly the effect it was intended to have by Mother Nature. Nothing has been added, modified or removed. This commitment to quality and authenticity is our promise. When it comes to your health, we don't make compromises. And neither should you.

Guarantee of origin

Sure-Source

Research and the Sure-Source system guarantee the authenticity of our essential oils. Research and the Sure-Source system guarantee that our essential oils do not contain any adulterants or contaminants.

- 100% traceable at every stage of the manufacturing process.
- 100% tested at every stage of the manufacturing process.
- 100% tested by Nature's Sunshine's Quality Control Department to ensure that they contain no contaminants, adulterants or “phytochemical” additives

No modification of essential oils!

No dilution of essential oils!



• energy • relaxation • regeneration
tranquillity • concentration • happiness



The full range of Authentic Essential Oils
is available at
www.e-naturesunshine.com



LAVENDER ORGANIC

RELAXATION AND RELIEF

- *calm and relaxation*
- *sleep improvement*
- *hydration*

Lavender, valued for its calming and relaxing aroma, works perfectly in many products. It is appreciated for its calming and relaxing effects.

Ingredients:

Lavandula angustifolia – lavender

Origin: France

Obtained by distillation.



TEA TREE OIL

REGENERATION AND RESTORATION
OF VITAL FORCES

- *invigorating and regenerating*

Tea tree oil, commonly known as the "antipode miracle", is extracted from a tea tree found in Australia. Its distinct, pure aroma is often used in shampoos and balms.

Ingredients:

Melaleuca alternifolia – tea tree

Origin: Australia

Obtained by distillation.



PEPPERMINT OIL

REFRESHMENT AND ENERGY

- *refreshing and invigorating*
- *concentration boost*

With its refreshing mint aroma, peppermint has unique cooling and warming properties.

Ingredients:

Mentha piperita – peppermint

Origin: USA

Obtained by distillation.



FRANKINCENSE ORGANIC

COMFORTING AND MOOD-ELEVATING

- *calming and relaxing*
- *mood-elevating*

Obtained from aromatic Indian frankincense gum resin. The essential oil has a complex bouquet of spices, citrus and wood aromas. It has been used as a fragrance since biblical times.

Ingredients:

Boswellia carteri – Indian frankincense

Origin: Somalia

Obtained by distillation.



ORANGE, CINNAMON, MINT, GINGER,
VANILLA, GRAPEFRUIT, LEMON,
BERGAMOT

INSPIRE

UPLIFTING ESSENTIAL OIL BLEND

Juicy citrus and cooling mint awaken the senses while spicy undertones provide the fire needed to uplift, motivate and INSPIRE!

- *stimulate creativity*
- *diffuse in the morning whenever you need a boost of energy*
- *carry in purse, briefcase or backpack to help find motivation during a long work day or study session*

Ingredients:

100% pure essential oils of Citrus x paradisi (Grapefruit) peel, Citrus sinensis (Orange) peel, Citrus x limon (Lemon) whole fruit, Mentha cardiaca (Spearmint) leaf, Mentha piperita (Peppermint) leaf & flower, Cinnamomum zeylanicum (Cinnamon) bark, Citrus x bergamia (Bergamot) peel, Zingiber officinale (Ginger) root, Vanilla planifolia (Vanilla) oleoresin.

Obtained by distillation and pressing.



**GRAPEFRUIT, CINNAMON, CLOVE,
LAVENDER, PINE, LEMON,
ROSEMARY, THYME**

ESSENTIAL SHIELD

AN ETHEREAL SHIELD ESPECIALLY FOR YOU

The ESSENTIAL SHIELD blend will cover you with warm, familiar aromas of oranges, cinnamon and cloves, and bring you comfort and relaxation in the cold seasons.

- *soothing and deeply penetrating*
- *perfect for the autumn-winter period*

Ingredients:

100% pure essential oils of Citrus sinensis (Orange) peel, Eugenia caryophyllata (Clove) bud, Eucalyptus globulus leaf oil, Cinnamomum Zeylanicum (Cinnamon) bark, Lavandula angustifolia (Lavender) flower, Citrus x limon (Lemon) whole fruit, Pinus sylvestris (Pine) needle, Rosmarinus officinalis (Wild Rosemary) leaf, Mentha piperita (Peppermint) leaf & flower, Citrus x paradisi (Grapefruit) peel, Thymus vulgaris (Thyme) leaf.

Obtained by distillation and pressing.



WINTERGREEN, WHITE CAMPHOR,
WILD ROSEMARY, FIR, CLOVE,
CINNAMONUM CAMPHORA,
FRANKINCENSE AND PEPPERMINT

RECOVER

SOOTHING ESSENTIAL OIL BLEND

Ideal after exhausting exercises or sports. Brings relief to your sore muscles.

- *regenerating*
- *soothing*

Ingredients:

100% pure essential oils of Gaultheria procumbens (Wintergreen) leaf, Cinnamomum camphora (White camphor) wood, Rosmarinus officinalis (Wild Rosemary) leaf, Melaleuca cajuputi (Cajeput) leaf, Abies sibirica (Fir) needle, Eugenia caryophyllata (Clove) bud, Helichrysum angustifolium (Helichrysum) flower, Juniperus communis (Juniper) berry, Mentha piperita (Peppermint) leaf & flower, Boswellia carteri (Frankincense) gum resin.

Obtained by distillation.



ATLAS CEDAR, HO LEAF,
SPRUCE, BLUE TANSY,
FRANKINCENSE,
ROMAN CHAMOMILE

CORE

BALANCING ESSENTIAL OIL BLEND

Like a meditative stroll through a deep and fragrant forest, notes of wood and subtle spice help intent to turn inward; achieving centeredness and connection. Find balance with CORE.

• *perfect to diffuse during meditation, yoga or other activities that require concentration.*

Ingredients:

100% pure essential oils of Cedrus atlantica (Atlas Cedar) wood, Tsuga Canadensis (Spruce) leaf, Cinnamomum camphor ct linalool (Ho Leaf), Tanacetum annuum (Blue Tansy) leaf and flower, Boswellia carteri (Frankincense) gum resin, Anthemis nobilis (Roman Chamomile) flower.

Obtained by distillation.



LAVENDER, ORANGE, ATLAS CEDAR,
YLANG YLANG, BLUE TANSY, VANILLA

REFUGE

CALMING ESSENTIAL OIL BLEND

Notes of mellow floral, luscious citrus and inviting vanilla create a personal quiet space in any environment where calm is needed. As daily stresses and worries accrue, REFUGE will be your beacon for peace and serenity.

- *calming*
- *reducing stress*

Ingredients:

100% pure essential oils of *Lavandula angustifolia* (Lavender) flower, *Citrus sinensis* (Orange) peel, *Cedrus atlantica* (Atlas cedar) wood, *Cananga odorata* (Ylang Ylang) flower, *Tanacetum annuum* (Blue Tansy) leaf & flower, *Vanilla planifolia* oleoresin.

Obtained by distillation and pressing.

USE ONLY WITH A DEDICATED DIFFUSER

- Advanced ultrasonic technology
- Capacity 300 ml
- Working time adjustment (60-180-360 minutes)
- Automatic switch off
- LED backlight
- Range up to 30m2





BREMANI CARE

Be perfect!

**State-of-the-art luxurious skin care.
A real elixir of youth and glow for your skin.**

Discover an innovative line of rejuvenating Italian cosmetics for home use, but of professional quality! Bremani Care rejuvenating cosmetics are a guarantee of beauty and health for your skin!

Bremani Care's philosophy is to use natural ingredients combined with innovative technologies to create the state-of-the-art, luxurious formulas that will keep your skin more youthful for longer. Exceptional studies carried out by Italian experts are the cornerstone of the products that facilitate the regeneration of skin cells, and restore health and beauty to the skin – everything that a woman needs to feel confident!

Bremani Care products have been developed specifically for Nature's Sunshine. They are manufactured at the world-famous high-tech manufacturing plant in the fashion capital of Italy – Milan, by a team of experienced biochemists and cosmetologists.

The high concentration of natural active ingredients ensures that the products reach every skin layer, stimulate the production of elastin and collagen in the dermis and initiate the process of cell renewal and rejuvenation.

The Bremani Care line represents an entirely new approach to skin and facial care. You will be able to quickly restore youthfulness, firmness and radiance to your tired skin and initiate the cellular regeneration processes.



**The transformation of your skin will remind you
of Cinderella's transformation into a beautiful princess...**

The Bremani Care product line includes:

a refreshing and purifying toner
that will soothe and refresh your skin.

a line of facial creams
that will improve the condition of your skin
during the day and at night.

a luxurious face mask
that will boost the comprehensive effect
of an individualised skin care routine

Choose the products that are best suited to your skin type or seasonal characteristics. To this end, we have created a line of formulas enriched with effective, state-of-the-art anti-ageing and moisturising ingredients. Pleasant to the touch, the delicate texture of the creams will take care of your skin throughout the year and slow down the ageing process.





BREMANI CARE

**The combination of the Italian imagination
with obsessive attention to achieve the highest quality**



Full range of Bremani Care cosmetics
www.e-naturesunshine.com

Cleansing and mattifying face toner



125 ml

A light toner will gently cleanse, soothe and refresh the skin. It will remove make-up residue. The formula fights excessive sebaceous secretion and quickly mattifies the complexion. It protects against harmful effects of the environment and strengthens the natural protection against oxidative stress, increasing the skin's detoxification capacity. Never in your life have you ever felt this fresh, hydrated and clean as after using this toner.



calming
mattifying
cleansing
toning
moisturising



It leaves the skin fresh,
without a hint of stickiness.

Main active ingredients:

Rhodophyta (red algae) extract

It strengthens antioxidant protection. It reduces sebaceous secretion and stimulates the production of lipids. It protects the skin from contamination and revitalises its protective functions.

Plankton extract – exopolysaccharides, produced by marine plankton.

It has the ability to absorb and retain large amounts of sebum, thus guaranteeing a matting effect only one hour after the application. What is also important, the ingredient mats but does not dry the skin.

Aloe vera gel

Has soothing, moisturising and antioxidant properties.

American witch-hazel (Hamamelis)

It has cleansing, toning, soothing and moisturising properties for the skin.

Vegetable glycerine

Creates a moist protective layer on the epidermal surface, nourishes the skin and prevents moisture loss. The glycerine restores elasticity, softness and smoothness.



Advantages: it does not contain parabens, paraffin, formaldehyde or silicones.

Anti-Wrinkle Day Face Cream Spf15 40+

Soft. Silky. Quickly absorbs. Easy to spread.

A powerful cream, based on advanced anti-ageing ingredients, peptides, oils, vitamins and Peruvian pepper, will cope with moisturising even the deepest layers of the skin. The formula is founded on an innovative "gravity control" complex, which fights against loose skin and increases resistance to gravity. With regular use, the cream brightens, moisturises and regenerates the skin.



50 ml



protecting against photo-ageing
improving facial contour
brightening
moisturising



Velvety, toned, moisturised skin;
Perfectly protected against
harmful effects of sunlight.
A significant reduction of wrinkles
and improved facial contour.

Main active ingredients:

Sunscreens - daily UV protection, delaying the photo-ageing process.

Peptide complex fights loose skin and increases its resistance to gravity. It stimulates elastin synthesis, promotes the proper architecture of skin elastic fibres and provides a visible lifting effect.

Peruvian pepper extract - a natural ingredient obtained from the fruit of Peruvian schinus molle. Rich in powerful bioavailable polyphenols – quercetin and micelianin. It rebuilds the skin's protective barrier and helps reduce its permeability. It rejuvenates and refreshes the skin and reduces wrinkles. It has a cleansing effect: it reduces sebaceous secretion, reduces the visibility of pores and moisturises.

Shea butter softens, moisturises, restores the protective functions of the skin. It has an anti-wrinkle effect and improves skin elasticity and firmness. Rich in vitamin E – a known antioxidant, a vitamin of youth

Pomegranate seed oil - a favourite ingredient for mature skin. It nourishes, moisturises and supports antioxidation.

Cherry seed oil - an excellent elixir for mature skin. An antioxidant. Protects against photo-ageing, moisturises, soothes. Stabilized vitamin C – stimulates collagen production. What is more, it reduces melanogenesis activity, levels and brightens the skin.

Trehalose - a natural moisturising agent with high hygroscopicity. It maintains an optimal level of skin hydration.

Vegetable glycerine creates a moist protective layer on the epidermal surface, nourishes the skin and prevents moisture loss. The glycerine restores elasticity, softness and smoothness of the skin.



Advantages: does not contain parabens, paraffin, formaldehyde, silicones

Intensive Anti-Wrinkle Night Face Cream 40+

This intensive night cream is ideal for a skin in need of anti-ageing care and deep nutrition.

Full-bodied. Thick. Light. Easy to spread.

A fantastic, full-bodied yet gentle night cream, created especially for skin care during sleep, i.e. when the cell renewal process is the most intense. It actively fights wrinkles and makes them less visible by closing and smoothing them. It has an instantaneous effect on a tired and dull complexion. The product contains ingredients with high anti-ageing power, which restore skin firmness and strengthen tissues. Every time you wake up, you will be pleasantly surprised: the skin will be rested and lifted, and the effect will last for several hours.



50 ml



moisturising
anti-ageing
anti-wrinkling
supporting antioxidation
skin lightening



Improved facial contour;
smoothed wrinkles;
firm, delicate skin;
healthy skin tone.

Main active ingredients:

Hyaluronic acid due to its ability to bind and retain water, it acts both as a direct moisturiser, by supplying water to the stratum corneum, and as an intermediate moisturiser, by creating a layer that prevents moisture evaporation. The skin is moisturised for a long time.

Shea butter and sunflower seed oil mature skin loves ingredients rich in vitamins E, D3, A, F and K. The oils promote cell renewal and they are rich in polyunsaturated fatty acids. They are perfect for dry skin as they moisturise exceptionally well.

Vitamin E a vitamin of youth, a powerful antioxidant. It smoothes and soothes the skin as well as maintains the level of its hydration.

Barley grain extract rich in polyphenol derivatives, thus having many antioxidant properties. It is a perfect anti-ageing ingredient; it prevents wrinkles. It improves microcirculation and nourishes the skin.

Vegetable glycerine creates a moist protective layer on the epidermal surface, nourishes the skin and prevents moisture loss. The glycerine restores elasticity, softness and smoothness of the skin.



Advantages: does not contain parabens, paraffin, formaldehyde, dyes, silicones

Moisturizing Face Cream Spf15

Revitalizing and moisturising general-purpose cream.

Long-lasting hydration (day & night).

An excellent make-up base that absorbs quickly, thus leaving the skin fresh and silky for a long time

Luxurious creamy texture. It spreads easily and absorbs quickly, leaving no greasy residue on the surface of the skin.

The cream has been enhanced with Mega Moisturiser Active complex, based on amino acids (proline, allanine, serine) and Pseudoalteromonas fermentation extract, which reduces water evaporation from deeper layers of the skin and supports its regeneration. It provides visible hydration and great general-purpose care. The active ingredient is obtained from Peruvian pepper and has a strong cleansing effect.



50 ml



long-lasting hydration
skin lightening
regenerating
universal care and anti-ageing prophylaxis
refreshing
protecting against sunlight



Smooth, firm, well moisturised,
radiant and healthy skin.
Extremely long-lasting
moisturising effect.

Main active ingredients:

Hyaluronic acid - due to its ability to bind and retain water, it acts both as a direct moisturiser, by supplying water to the stratum corneum, and as an intermediate moisturiser, by creating a layer that prevents moisture evaporation. The skin is moisturised for a long time.

Sunscreens - daily skin protection; they prevent photo-ageing of the skin.

Illipe butter - has many great nutritional properties. It is rich in fatty acids. It improves skin elasticity.

Rice starch - suitable for sensitive skin; it gives the skin a matte finish and even tone.

Ultra moisturising factors consist of 2 innovative complexes. The complex based on the amino acids proline, alanine, serine and Pseudoalteromonas extract has an immediate and lasting moisturising effect. Whereas the IQ-hydration complex (intelligent moisturising) forms an "intelligent" double fat layer on the skin's surface, thus strengthening its natural protective properties and guaranteeing visible hydration.

Peruvian pepper extract - a natural biofunctional ingredient; obtained from the fruit of Peruvian schinus molle. It is rich in powerful bioavailable polyphenols – quercetin and micelianine. It rebuilds the skin's protective barrier and helps reduce its permeability. It rejuvenates and refreshes the skin and reduces wrinkles. It has a cleansing effect: it reduces sebaceous secretion, reduces the visibility of pores and moisturises.



Advantages: does not contain parabens, paraffin, formaldehyde, dyes, silicones

Brightening Face Mask

"Cinderella Effect"

Velvety and delicate. Rich. Silky.

Cinderella Effect mask will immediately add vitality to your skin and give it a radiant glow! Signs of ageing will be "blurred" and the face – rested. Face skin tone will regain its glow. The main ingredient of the mask is Haberlea rhodopensis leaf extract, which ensures a smooth skin structure. In addition, the product contains vegetable squalene, known for its softening properties – particularly recommended for sensitive and dry skin. The mask is an excellent source of energy for a radical transformation of dry and dull skin; it will give the skin a real spark of joy.



50 ml



immediate visual effect
moisturising and brightening the skin
rejuvenating
brightening
antioxidant and anti-ageing protection
fighting signs of fatigue



Healthy, radiant, transformed,
smooth and firm skin.
Immediate effect!

Main active ingredients:

Shea butter - a softening ingredient. It moisturises and restores the skin's protective functions. It is anti-wrinkling. It improves skin elasticity. It is rich in vitamin E – a known antioxidant, a vitamin of youth.

Squalene - "Skin defender" – regenerates the lipid layer of the skin and actively moisturises. Squalene – a rejuvenating oil without 'oil', an oxygen vitamin.

Rice oil - a medicinal ingredient for dry and mature skin care. Rice oil is a natural antioxidant. It moisturises, deeply nourishes and soothes the skin.

Pomegranate seed oil - a favourite ingredient for mature skin. It has antioxidant properties; it nourishes and moisturises.

Rice starch is suitable for sensitive skin. It has nutritional and whitening properties.

Haberlea rhodopensis leaf extract is rich in antioxidants. It increases collagen and elastin production. It protects skin proteins from oxidation. It brightens and stimulates the skin.

Glycerine creates a moist protective layer on the epidermal surface, nourishes the skin and prevents moisture loss. The glycerine restores elasticity, softness and smoothness.



Advantages: does not contain parabens, paraffin, formaldehyde, dyes, silicones

Hair Shampoo

ENERGY - HEALTH - REPAIR

Gentle shampoo for daily use that deeply cleanses the hair and scalp.
A formula enriched with vitamin E, arginine and panthenol gives hair a brilliant, healthy and beautiful look, leaving it shiny and soft.
Perfect for normal and oily hair.



200 ml

-  Vitamin E is an excellent antioxidant – promoting hair growth, helping prevent loss of colour and shine, as well as hair loss.
-  Zinc protects the hair structure and softens it.
-  Panthenol ensures a long-lasting moisturising effect.
-  Arginine is an amino acid that stimulates capillary growth and improves blood supply to hair follicles.
-  Polyquaternium-7 is a cationic polymer that helps comb out hair. It prevents dull hair and damaged hair.



Hair Conditioner

ENERGY - HEALTH - REPAIR

Bremani Care hair conditioner, thanks to its carefully selected ingredients, is perfect for everyday use with a shampoo from the same family of products.

Panthenol, zinc, vitamin E and keratin give hair a healthy and brilliant appearance, leaving it shiny and soft.

Formula specially designed for normal and oily hair.

-  Hydrolysed keratin forms a protective barrier on the hair's surface and is particularly effective at regeneration.
-  Vitamin E is an excellent antioxidant – promoting hair growth, helping prevent loss of colour and shine, as well as hair loss.
-  Zinc protects the hair structure and softens it.
-  Polyquaternium-7 is a cationic polymer that helps comb out hair. It prevents dull hair and damaged hair



200 ml



Micellar Gel

The face wash gel is based on two natural ingredient combinations: blossoming complexion and healthy complexion.

Blossoming complexion contains peony and magnolia extracts. Peony extract has an antioxidant and calming effect, narrows the pores and is suitable even for sensitive skin.

Peonies are considered to be one of the most effective floral ingredients in skin care, while magnolia extract protects and has anti-inflammatory properties.

This wonderful product extracts impurities from the skin, helps in achieving a perfectly even complexion, soothes, nourishes and moisturises.

The Bremani Care micellar gel acts like a magnet, extracting and removing make-up residue, excess sebum and other impurities. It cleanses the skin gently, leaving a pleasant feeling of softness and hydration.



125 ml



“Royal Lash” mascara

“Royal Lash” mascara shapes lashes by giving them a beautiful curled shape, as well as perfectly separating and adding volume to each lash. A combination of the perfect mascara texture with a specially designed applicator makes application easier and ensures that no lumps or crumbling appear.

The mascara's formula has been tested and approved by ophthalmologists, which guarantees its safety for your eyes. Contains vitamin E, D-panthenol and bamboo extract.



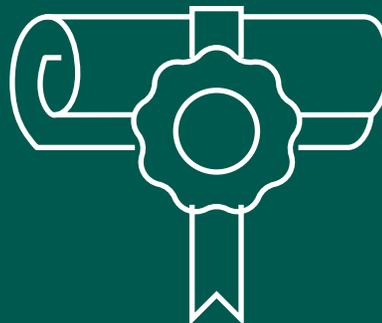
With Royal Lash mascara a long-lasting effect, a perfectly emphasised shape, as well as a beautiful, expressive colour of your eyelashes are all guaranteed.



Safety first

In accordance with Polish laws and regulations, the Chief Sanitary Inspector must be notified of the first marketing of every food supplement in the territory of the Republic of Poland.

Nature's Sunshine considers the safety of its Customers to be of the utmost importance and compliance with the food laws of the given country to be its fundamental obligation. Therefore, all of our food supplements have been reported and entered into the Chief Sanitary Inspector's database.



A trusted source

We guarantee that the products you purchase from our online store are of the highest quality. By shopping at: www.e-naturessunshine.com, you can rest assured that you will receive original Nature's Sunshine products.

We do not guarantee the quality or origin of products purchased on auction websites or from other stores.





**NATURES
SUNSHINE**

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By sending an e-mail to: biuro@nsppolska.pl

By visiting us at: ul. Olkuska 7, Warsaw
